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SPECIAL EDITION

ELECTION 2015

Trudeau's Liberals sweep to victory

- Stephen Harper steps down
- Mulcair: End to 'politics of fear and division'
- Metro's analysis: Invest in infrastructure
- Western Canada remains (mostly) blue



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CANADA'S NEW PRIME MINISTER



Liberal leader and Prime Minister Elect Justin Trudeau kisses his wife following his victory speech at Liberal party headquarters in Montreal on Monday after winning the 42nd Canadian general election. SEAN KILPATRICK/CANADIAN PRESS

“WINNING QUOTES

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Justin Trudeau

The son also rises

NEW GOVERNMENT

Canadians vote for change as Liberals win

Prime Minister Justin Trudeau.

That title, which seemed improbable a mere 11 weeks ago, is now set to become

a reality after the Liberals' historic, come-from-behind result, besting incumbent Conservatives and hopeful New Democrats in one of the country's longest and costliest elections.

“Canadians from all across this great country sent a clear message tonight. It's time for change in this country my friends, real change,” Trudeau said in Montreal.

A positive, optimistic

hopeful vision of public life isn't a naive dream. It can be a powerful force for change.”

The election ushers in a new era for Canada as Trudeau was swept to power on a vow to change how Canadians were governed and a commitment to end what he branded as the Conservatives' divisive style of politics.

Preliminary results had the Liberals at 189 seats, comfortably more than the 170

seats needed for a majority government in the expanded 338-seat House of Commons. It's a stunning rebound for a party that had been knocked down to 34 seats in the 2011 election and left for dead.

The Conservatives won 103 seats, the New Democrats 35, the Bloc Québécois 10 and the Green Party had one seat, won by leader Elizabeth May.

The day was a humiliating loss for Conservative Leader

Stephen Harper, who has served as prime minister since 2006, and a crushing night for NDP Leader Thomas Mulcair.

Harper, who had led his Conservatives to three successive victories, immediately signalled he would be stepping down as leader and instructed the Conservative party to appoint an interim leader and launch a process to select a new leader, according to a party statement.

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CANADA'S LIBERAL GOVERNMENT

Grits dominate, but what now?

ELECTION 2015

Trudeau win caps stunning reversal of fortunes

Steve Rennie
Metro | Ottawa

Justin Trudeau's Liberals didn't just win this election. They did what few, aside from the most die-hard of partisans, thought possible a few short weeks ago.

They dominated.

They swept Atlantic Canada and never looked back.

It is a stunning reversal of fortunes for a party many wrote off as dead after the last campaign four years ago.

The shock result will leave the Conservatives and NDP scratching their heads.

But it is clear Trudeau's team managed to capitalize



Liberal Leader Justin Trudeau greets supporters as he steps off his campaign bus for a rally October 13 in Toronto. The Liberals swept Atlantic Canada and continued to gain ground across the country. PAUL CHIASSON/THE CANADIAN PRESS

on the desire of many Canadians for change.

From the start of this marathon campaign, the bal-

lot-box question has been the same: do you want change, and if you do, which party has the best shot at unseating

the Conservatives?

Who would have thought when this whole thing started back at the beginning of

August that Trudeau's Liberals would be that party?

Trailing in the polls, without the wind that Tom Mulcair's New Democrats had in their sails, and with an untested leader prone to speaking first and thinking later, the Liberals looked like they'd be lucky to hold on to their three dozen seats.

Yet here they are, 11 weeks later, poised to form a majority government and to return a Trudeau to 24 Sussex for the first time since 1984.

So, what now?

We already know what the Liberals plan to do: run three years of deficits to pay for a multibillion-dollar infrastructure plan, redistribute the federal child benefits of high-income families to less wealthy ones, look at changing the Conservatives' controversial anti-terrorism legislation and reform the Senate through an arms-length process to select future members, to name a few things.

There will be much soul-searching in the rival camps.

Stephen Harper's days are done. The Conservatives will be looking for a fresh start under a new, less polarizing leader.

They must broaden the party's appeal and find a way to grow the party's traditional base if they hope to return to power.

A new leader should help. Plenty of people say they like the Conservatives but can't stand Harper. But the party will also need to decide if its hardline positions on issues such as the niqab and legalizing marijuana need to be softened.

What happens to Mulcair is a trickier question. He has done an admirable job as Parliament's interrogator-in-chief, but he alienated some voters by steering his party to the political right.

He probably deserves another shot, but he may not get one. Politics is a cruel business.

THREE LIBERAL CAMPAIGN PROMISES

1 Infrastructure spending

Almost double federal spending on infrastructure over next decade by adding \$60 billion on top of the \$65 billion already committed, even though it will mean running an annual deficit of up to \$10 billion to 2019.

2 Childcare benefit

A new child benefit meant to provide greatest benefit to lower-income families. For a two-child family earning \$45,000 a year, the benefit would provide \$9,850 a year.

3 Income tax rate changes

Reduce income tax rate to 20.5 per cent from 22 per cent for those with taxable income between \$44,700 and \$89,401. The Liberals would introduce a new tax rate of 33 per cent for those earning more than \$200,000 annually.

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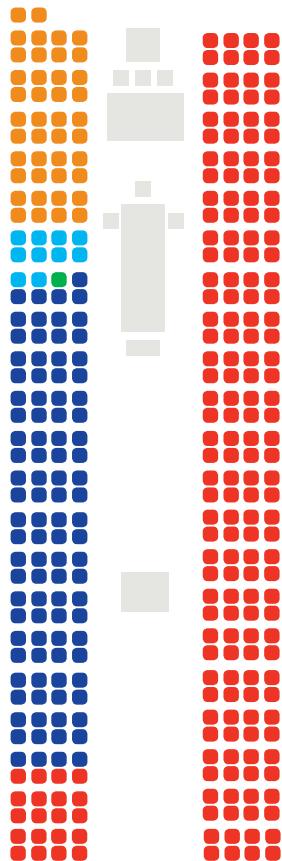
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THE SEATS

Election highlights from across the country

ATLANTIC

The rising Liberal tide started in Newfoundland and Labrador and washed across Atlantic Canada.

The Grits were elected or leading in all 32 ridings in Newfoundland and Labrador, Prince Edward Island, Nova Scotia and New Brunswick, turning their backs on the 13 incumbent Conservatives and six New Democrats.

"Atlantic Canada sent Stephen Harper a message — we want change," said former Conservative MP turned Liberal candidate Bill Casey, who won one of the hottest Nova Scotia races — Cumberland-Colchester — in Atlantic Canada.

The Liberals doubled their vote in Atlantic Canada with many crediting leader Justin Trudeau's many visits to the region over the 78-day campaign.

The Grits only won 12 ridings in Atlantic Canada in 2011.

Issues facing easterners included a struggling economy, nagging unemployment, threats to health-care funding and, in Prince Edward Island, the embarrassment of Conservative Sen. Mike Duffy being at the centre of a spending scandal that's still before the courts.

The veteran NDP MPs who fell included Jack Harris in St. John's East, Megan Leslie in Halifax riding, and Peter Stoffer, Sackville-Preston-Chezzetcook.

QUÉBEC

The province that marked the beginning of the New Democratic Party's dream in the last federal election was the sight of its nightmare as votes were counted on Monday night.

The party's fortress in Quebec crumbled, giving Justin Trudeau's Liberal party one big step on its way path to a majority government. But the Conservative Party and the sovereigntist Bloc Québécois also made gains amid the ruins.

When the election was called on Aug. 2, the NDP dominated Quebec with 54 seats. The Liberals had just seven MPs from the province and the Conservatives held five ridings. The Bloc had just two seats. There were five Independent MPs as well as two former Bloc MPs who founded the splinter party, Strength in Democracy.

The most obvious benefit of the faltering NDP in the majority francophone province was Trudeau's team. The party saw a number of veterans elected, including Denis Paradis, a former federal minister, and Pablo Rodriguez, who was an MP from 2004 to 2006.

Despite the NDP outcome, some big Quebec names were re-elected, including Ruth Ellen Brosseau in Berthier-Maskinongé, Alexandre Boulerice in Rosemont—La Petite-Patrie, and Guy Caron in Rimouski-Neigette-Témiscouata—Les Basques.

ONTARIO

Ontario voters giveth, Ontario voters taketh away.

Four years after Ontarians delivered Stephen Harper's Conservatives a majority government, they have handed that cherished prize to Justin Trudeau's Liberals.

Armed with a top-notch campaign run by veteran Queen's Park Liberal operatives Katie Telford and Gerald Butts, Trudeau romped to victory Monday in a province that is home to 121 of Canada's 338 ridings.

Harper's previous success in Ontario — where the Tories won 73 of the 106 seats that were up for grabs in 2011 — was easily erased by the Liberals, who had taken just 11 seats in that vote.

And the New Democrats, who had triumphed in 22 ridings here in the last election, were collateral damage with high-profile candidates like former MP Olivia Chow, Parkdale-High Park MP Peggy Nash, Davenport MP Andrew Cash, and Ottawa Centre MP Paul Dewar losing.

As of 11:30 p.m., the Grits had won or were leading in 79 of Ontario's 121 seats to 34 for the Conservatives and eight for the NDP.

The Liberals ran the table in the Greater Toronto Area, wiping out the Tories and the NDP in the 416 area code.

THE WEST

The Conservatives have dominated the West for years, but Liberals and New Democrats made some dents, with Liberals leading in two seats in Alberta.

Winnipeg riding Saint Boniface-Saint Vital was wide open after Conservative Heritage Minister Shelly Glover decided not to seek re-election following two terms. As with the red tide that swept westward across the country, Liberal candidate Dan Vandal, captured the seat ahead of Conservative Francois Catellier.

The NDP sweep in the provincial election didn't mean much for the party in this riding, held for the Conservatives by former Calgary Herald editor Joan Crockatt, who first won in a 2012 byelection.

With one-third of the polls reporting, she was slightly ahead of Kent Hehr, a former Liberal member of the Alberta legislature.

The New Democrats, which entered the election with no seats in Saskatchewan, were counting on a win in Saskatoon West, a redistributed urban riding, which would have gone NDP in the 2011 vote. And they got it. Sheri Benson, took an early lead and held it thanks to a vote split between city councillor Randy Donauer for the Conservatives and the Liberals under Lisa Abbott, a lawyer.

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CANADA'S OPPOSITION

“HARPER QUOTES”

Know this for certain: When the next time comes, this party will offer Canadians a strong and clear alternative based on our ... values.

While tonight's result is certainly not the one we had hoped for, the people are never wrong.

Harper to step down as leader after election loss

NEW LEADERSHIP

Conservatives now the official Opposition

Monday, as many Conservatives wrestled with a heartbreaking loss, Harper stepped down as party leader, said Conservative Party national president John Walsh.

“I have spoken to Prime Minister Stephen Harper and he has instructed me to reach out to the newly elected parliamentary caucus to appoint an interim leader and to the National Council to implement the leadership selection process pursuant to the Conservative Party of Canada constitution.”

“I wish to address all Canadians,” Harper told a large crowd of supporters here. “During the past nine years it has been an unbelievable honour to serve as your prime minister.”

“We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.”

Jason Kenney, defence minister in Harper’s cabinet, said “it’s a bad night for the Conservative party, but we’ll come back.” He said the Conservatives’ policies were not the problem but “where we went wrong was on tone,” said Ken-



Stephen Harper greet supporters in the Calgary Heritage riding prior to the Conservative leader conceding defeat. THE CANADIAN PRESS

ney. “We need a conservatism that is sunnier and more optimistic. We have to take collective responsibility for that.”

He deflected questions about leadership ambitions.

The first outward sign of trouble on election day in Stephen Harper’s Calgary home base was the grim looks on his staffers’ faces as the Conservative leader arrived to vote.

Then came reports from the Conservative campaign across the country. It looked bad. Mid-morning officials thought the party could emerge with just 120 seats.

But there was Harper, vis-

ibly at ease with an outcome he knew in his gut was coming — that his campaign was skidding to a brutal loss. Harper had a relaxed lunch with his campaign team, boosting their spirits, and spent time preparing “lots of speeches,” at ease with a number of possible outcomes.

Those who know Harper best say it was the same ease he has carried since February when he made the decision to call an unexpected early election campaign that would start in August — a decision his campaign does not regret.

The decision that Harper

made on whether to stay or go was known to very few.

Earlier, before Harper announced his intention to step down, Guy Giorno, chair of the Conservative campaign, had said there would be an in-depth post-mortem on how the campaign was conducted but rejected any suggestion that Harper was not the man to lead it.

He said it was a simply a near impossible feat to win four mandates. “We just couldn’t buck history.”

Giorno ascribed the Conservative loss to the collapse of the NDP vote, and said, “We

are “proud” of the campaign Harper conducted, but declined to identify where he thought it went wrong.

“I’m the chair of the campaign. To the extent we fell short of the mark, I’m accountable the buck stops with me, I take responsibility for that.”

Asked if the Conservatives had underestimated Trudeau, Giorno dodged. “I think we had the measure of what he was promising to do which is to raise taxes and cut benefits from Canadians and now Canadians will see that.”

“The prime minister knew we were in for an extremely difficult battle,” said campaign official Ken Boessenkool in an interview with Torstar News Service, but Harper didn’t want to leave the fallout from the Mike Duffy fraud trial “and other stuff” to another leader.

“He thought it best that he take us into this campaign, that he lead the campaign and that he leave a strong vibrant party if that was Canadians’ choice to the next person.”

Boessenkool said Harper can hold his head high because he has left the party in strong shape for the long term.

For many, there was only one possible outcome. Harper would have to step down in order for the party to rebuild.

TORSTAR NEWS SERVICE

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TONIGHT Rick makes a splash in a free-fall lifeboat at Nova Scotia Community College’s Nautical Institute in Port Hawkesbury.

ALL-NEW
TONIGHT 8



Shocking collapse as NDP support waivers

THOMAS MULCAIR

Campaign built around 'change' fails to live up to momentum

The New Democrats came so close, but then the campaign rolled on and history left the historic hopes of the New Democrats — and their beloved official Opposition status — behind.

Thomas Mulcair did not become prime minister in the first federal election where one could talk seriously about that being a possibility, and by 11 p.m. had already spoken to prime minister-designate Justin Trudeau to congratulate him on his victory.

Early results suggested Mulcair would keep his Montreal riding of Outremont, but the race looked very close as much of the rest of the province — and the country — got swept up in the Liberal momentum.

There will be much disappointment (and second-guessing) in the ranks for that, as the party recovers from its orange crash. Was it the niqab? Was it the decision to promise a balanced budget? Was it that Mulcair could just not compete, on a personality level, with the charismatic Trudeau?

Time will tell as the post-election analysis comes in, but as one NDP insider put it even before the devastating results started rolling in Monday night: This was a momentum campaign, propelled



NDP Leader Tom Mulcair speaks to supporters Monday in Montreal. THE CANADIAN PRESS

by the desire for change, and the momentum did not go their way.

The bad news began in Atlantic Canada, losing both NDP Deputy Leader Megan Leslie and long-time MP Peter Stoffer to the Liberals. They knew those provinces would likely be a near-Liberal sweep, but by the time the Quebec results started rolling in, it was clear the NDP had fallen hard and fast to third place.

The mood in the room was sombre, with a smattering of cheers and applause as the occasional victory rolled in — including that of Ruth Ellen Brosseau in the Quebec riding of Berthier-Maskinongé.

Early results also suggested the NDP would be able to hold their own in British Columbia.

But it was over, really, and it was even hard to see a silver lining, beyond the fact that Conservative Leader Stephen Harper — against whom they campaigned hard — had gone down to defeat.

Before the poll results started coming in, NDP sources who acknowledged their path to victory had disappeared were still confident the party would at least receive its second-best result in its history.

That second-best bar was not a high one to jump. Before 2011, when the late Jack Layton led his party to Official

Opposition status, the highest number of seats they had ever had in Ottawa was 43, under former leader Ed Broadbent.

And yet, they did not even make that.

The fall from 95 seats at the dissolution of Parliament to Elections Canada online results showing them leading in just 42 seats, at time of publication Monday night, is a steep one. And this, especially, for a campaign that had been arguing the party needed only 35 more seats to defeat the Conservative government of Stephen Harper, unlike the 100 needed by the Liberals, who in the end were the ones to actually do it. TORSTAR NEWS SERVICE

SAANICH-GULF ISLANDS

May welcomes crowd to 'post-Harper era'



Thandi Fletcher
Metro | Vancouver

“MAY QUOTES

We have a huge base to build on and people will vote green next time.

Elizabeth May has done it again. The Green Party leader coasted to victory Monday night, winning her seat as MP for Saanich-Gulf Islands on Vancouver Island for the second time.

Although the polls had just closed in British Columbia, May waltzed into the Green election headquarters like a winner, walking hand-in-hand with Green candidates Jo-Ann Roberts and Frances Litman as her forecast of a Stephen Harper Conservative defeat appeared to be coming true.

“Welcome to the first night of the post-Harper era!” a beaming May said to a crowded room of about 150 supporters. “I don’t know for sure about being re-elected except that Tom Mulcair just called to congratulate me for being re-elected.”

Before that call, May said she also spoke to Liberal Leader Justin Trudeau on the phone to congratulate him on his victory and to ask when she could meet with him to discuss the upcoming UN climate conference.

But it wasn’t all celebration

for the Greens.

Heading into the election, May, who was one of just two Green MPs in the last Parliament, hoped her party would gain the support of enough voters to secure a more influential presence in Parliament.

Once the final votes were tallied, however, it became clear that May’s hopes were dashed as the party retained only her seat.

At press time, the party’s share of the popular vote appeared to have dropped to 2.9 per cent.

Speaking to Metro after her win, May said she blamed strategic voting, as well as being excluded from three of the five leaders’ debates on the Green’s low seat count, especially in B.C.



Green Party Leader Elizabeth May breaks into song and dance to celebrate the repudiation of Stephen Harper.

THANDI FLETCHER/METRO

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CALGARY VOTES

Shades of red begin

LIBERAL WIN

The last time a Liberal won a seat in Calgary was in 1968

Brodie Thomas
Metro | Calgary

A decade of western leadership in this country came to an end Monday night as Justin Trudeau's

Liberals swept to a majority government.

The conservative stronghold known as Fortress Calgary fell, and for the first time in 47 years, a Liberal has been elected in the city.

The last time a Liberal won a seat in Calgary was in 1968, and then, as now, the leader's last name was Trudeau.

As of press time, Calgary Skyview was showing Liberal Darshan Kang leading with 47 per cent of the vote ahead of Conservative Devinder Shorty's 36 per cent.

Kent Hehr had also pulled ahead of incumbent Joan Crockatt.

Conservatives had scored their expected decisive victories in ridings such as Rocky Ridge, Signal Hill, Midnapore, and Shepard.

Confederation and Calgary Centre were showing signs of Liberal gains, but with conservatives still leading and the races too close to call.

Paige MacPherson, Alberta director for the Canadian Taxpayers Federation, said the Liberals should think long and hard about their economic strategy before they proceed.

"I think this was an election that was more or less a referendum on Stephen Harper's style of governance and I don't think it should be misinterpreted as a vote endorsing deficits and tax hikes," she said.

MacPherson also focused in on another Liberal party platform promise — electoral reform. She said the country should hold a referendum before we change the way we elect our government.

However Melanee Thomas, political scientist with the Uni-

versity of Calgary, doesn't think the promise of electoral reform will ever see the light of day under a Liberal majority government.

"Why would a government get rid of a system that just sent it from 36 seats to 186?" she asked.

Thomas, attributed the Liberal win to how the campaign was framed in the final weeks by the media.

"This is what happens when the coverage of a campaign is focused on two things — the horse-race of polls which are based on often unreliable data, and a stra-

tegic voting frame," she said.

She said national polls showing one party or another in the lead doesn't necessarily reflect what's happening in a single constituency.

Thomas said the result is that undecided voters may choose to strategically vote for their less-than-favourite choice. She said this sometimes results in established and well-respected MPs losing their seat to someone who happens to be running for the party perceived to be winning.

The power ridings What happened in the key races across Calgary



Stephen Harper addressed Calgary Heritage constituents and the rest of Canada in his speech. LUCIE EDWARDSON/METRO



Former MLA, now MP-elect, Kent Hehr won in Calgary Centre over incumbent Joan Crockatt. JEREMY SIMES/FOR METRO



Liberal candidate Darshan Kang won in a nail-biter in Calgary Skyview. AARON CHATHA/METRO

Calgary Heritage Blue win in Harper's riding

The mood in Prime Minister Stephen Harper's election headquarters was far from electric Monday night as the results rolled in.

Harper took the stage as the projected opposition leader, to thank his supporters and congratulate Liberal leader Justin Trudeau, as newly elected Prime Minister.

"Canadians have elected a liberal government, a result we accept without hesitation," said Harper. "I have spoken to Mr. Trudeau and offered him our congratulations on his successful campaign."

Harper reflected on his last decade in office in front of the crowd at the Telus Convention Centre in Calgary. "During the last 9 and a

half years it has been an unbelievable honour to serve as your Prime Minister," he said. "We put it all on the line, we gave it everything we had to give and we have no regrets whatsoever."

While Harper is no longer Prime Minister, his riding, Calgary Heritage continued to show their blue, electing him as their MP for the seventh consecutive term, with 64 per cent of the vote.

Calgary Heritage Liberal candidate Dr. Brendan Miles finished with 26 per cent of the vote, up from seven per cent in the previous election, and said although he didn't win, he's pleased by the overall result.

LUCIE EDWARDSON/METRO

Calgary Centre Liberal Hehr takes long-held blue area

The voters of Calgary Centre are blushing a shade of red, as Liberal candidate Kent Hehr takes the riding held for decades by the Conservatives.

Joan Crockatt and Hehr were neck and neck all night, with the lead changing hands a number of times, but Hehr took the seat by 300 votes. Metro couldn't obtain comment from Crockatt's campaign for press time, despite repeated calls.

Hundreds of Hehr's supporters packed the Bank and Baron Pub in downtown Calgary Monday night. "What a momentous occasion," he said. "I'm so proud to run under the liberal platform for Canada." Supporters weren't surprised he took the seat from incumbent Joan Crockatt, even though the two

were polling in a dead heat in the riding.

"I'm so proud of him," said Hehr's father, Richard. "It was a hard fight, but I knew he could do it."

Hehr said he'll continue to improve the lives of seniors to ensure health needs are met for Canada's aging population.

The Green Party's Thana Bonhارت said he thinks strategic voting played a heavy hand in this election, as the party saw a large portion of the vote during the riding's 2012 byelection.

"Unfortunately with strategic voters trying to get rid of Conservatives, it made it much tougher for the greens," he said. "But overall I thought we did a good job."

JEREMY SIMES/FOR METRO

Calgary Skyview Red Kang takes nail-biter

After a tight race, Calgary Skyview went to the Liberals with former MLA Darshan Kang unseating the Conservative incumbent Davinder Shory. Kang is the first Liberal MP to be elected in Calgary since 1968.

"I feel great. Canadians were ready for change and we were working for real change and the constituents of Calgary Skyview have delivered that change," said Kang.

Devinder Shory didn't respond to repeated calls for comment. Shory was first elected in 2008 and re-elected in 2011.

The energy at Kang's headquarters was uproarious, with supporters hammer-

ing on Punjabi dhol drums as the results trickled in.

Skyview is home to more than 110,000 residents and is one of the most diverse ridings in Calgary.

Kang is already looking to the next election, and believes that Liberals can take a larger chunk of Alberta.

"The political landscape is changing and next time I think we will have better success," he said.

For now, Kang said it's time to enjoy the moment before getting back to work.

"It was a long campaign, now I want to go home and I will take some rest. When tomorrow comes, we'll take it from there."

AARON CHATHA/METRO

to appear in our city

Regional results: Ballot-casting breakdown



Calgary Nose Hill
Michelle Rempel
CON 60.0%
NDP 8.9%
LIB 26.9%



Calgary Forest Lawn
Deepak Obhrai
CON 46.9%
NDP 9.9%
LIB 36.5%



Calgary Signal Hill
Ron Liepert
CON 60.7%
NDP 5.0%
LIB 30.5%



Calgary Midnapore
Jason Kenney
CON 66.6%
NDP 8.0%
LIB 22.6%

1 **Calgary Rocky Ridge**
Pat Kelly
CON 60.6%
NDP 5.7%
LIB 31.5%

6 **Calgary Centre**
Kent Hehr
CON 45.7%
NDP 5.5%
LIB 46.2%

8 **Calgary Heritage**
Stephen J. Harper
CON 63.9%
NDP 7.1%
LIB 25.8%

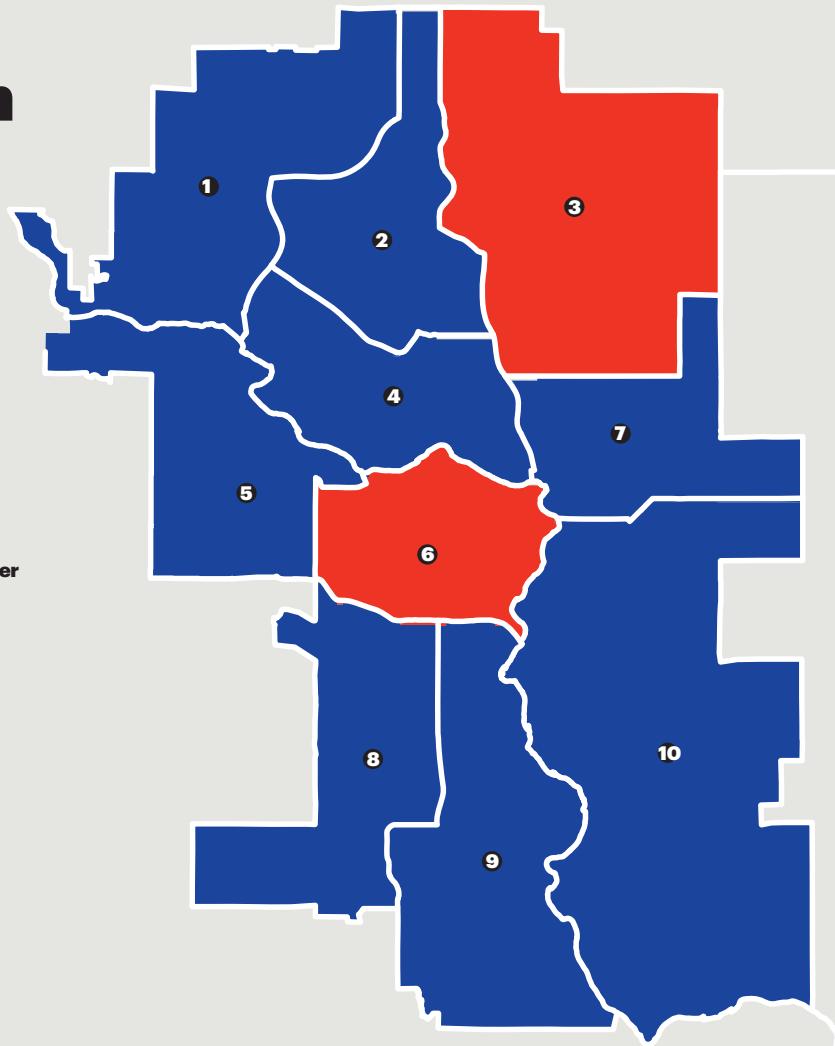
3 **Calgary Skyview**
Darshan Singh Kang
CON 39.6%
NDP 8.2%
LIB 46.0%

4 **Calgary Confederation**
Len Webber
CON 45.9%
NDP 6.9%
LIB 43.6%

10 **Calgary Shepard**
Tom Kmiec
CON 65.9%
NDP 6.8%
LIB 24.6%

Banff-Airdrie (Not pictured)
Blake Richards
CON 65.2%
NDP 6.1%
LIB 24.9%

Foothills (Not pictured)
John Barlow
CON 75.7%
NDP 6.4%
LIB 13.4%



Can Trudeau heal Western alienation?



**Darren
Krause**
Metro | Calgary

The rest of Canada might be ready, but Calgary still isn't. Not quite yet.

Justin Trudeau's Liberal Party swept across Canada Monday, riding his flowing locks and message of deficit spending to boost a sagging economy. But it didn't wash in this city – or this province. Who knows: it may even be better with the younger Trudeau at the helm. Only time will tell.

There's one thing, however, that a Liberal government has meant in the

Probably not much.

Calgary has survived Liberal governments (including Pierre Trudeau's – albeit barely) in the past and we'll survive this one, likely as prosperous, innovative and industrious as before. That's just how we roll – regardless of government (provincial NDP effect TBD).

Who knows: it may even be better with the younger Trudeau at the helm. Only time will tell.

past, but one that most hope doesn't return. That's the prospect of western alienation.

Sure, Alberta's been represented in past Liberal cabinets. Anne McLellan played a big role in the Chretien and Martin Liberal governments, as did David Kilgour. Yet it was that era (aside from the initial Trudeau years) where the fervour of western alienation was at its peak.

The West Wants In. Remember?

That's where the Reform movement at the heart of

now former prime minister Stephen Harper's government took root.

With the vast majority of Alberta still painted in Tory blue, is there a chance that alienation could happen again?

Perhaps. There's little Liberal red in Alberta for Trudeau to choose from this morning. As of writing, Liberals Kent Hehr and Darshan Kang were in dogfights with their Conservative opponents. Randy Boissonault was the only Grit in Edmonton with a chance. No guaran-

tees until the dust settles this morning.

But, there's a glimmer of hope. And perhaps it's not in how many seats the Liberals wrangle from Alberta Conservatives.

Recent history tells us that Albertans are evolving – perhaps maturing – past staunch conservatism.

Yes, we want fiscally responsible governance and believe in a strong economy and low taxes.

But we're also more socially progressive, especially in urban centres; we've

shown we're flexible to running deficits to help keep our services intact and our economy rolling.

The door is wide open for renewed western alienation if Trudeau plays politics and tries to teach Albertans a lesson for not riding the red wave.

All he has to do is put his foot in that door, continue to reach through it, and although he may not make converts out of many Albertans, he can keep at bay the alienation demons that tore his party apart a decade ago.

CANADA VOTES

The visual campaign



Liberal Leader Justin Trudeau poses for a selfie with a supporter in Waterloo, Ont. The cellular self-portrait made a major splash throughout the election campaign and was particularly prevalent along Trudeau's trail. JONATHAN HAYWARD/THE CANADIAN PRESS



NDP Leader Tom Mulcair and his granddaughter play on a pumpkin in L'Assomption, Que. The campaign offered the leaders plenty of photo ops. RYAN REMIORZ/THE CANADIAN PRESS



'Anyone but Harper' became the rallying cry of the electoral left, while the Conservative leader continued to enjoy strong support in the polls. JONATHAN HAYWARD/THE CANADIAN PRESS

The 11-week road to Parliament, with photos curated by Metro photographer Liz Beddall



Michael Woods
Metro | Ottawa

Liberals aimed to remove themselves from the pack by proposing deficit spending until 2019 to invest in infrastructure.

Sept. 3: Alan Kurdi

The photo of three-year-old Syrian boy Alan Kurdi's body on a beach in Turkey, and revelations that his relatives were hoping to reach Canada, rocked the campaign in early September.

Aug. 6: First leaders' debate

With the Liberals third in the polls, party leader Justin Trudeau delivered a fiery performance at the first debate, outstripping expectations and setting the tone for his ascent in the polls.

Aug. 11-19: Nigel Wright testifies at Mike Duffy trial

Stephen Harper's former chief of staff's testimony provided an unflattering look at the inner workings of a prime minister's office in crisis mode.

Aug. 27: Liberals promise deficits

In a bold strategic move, the

Sept. 15: Niqab ruling

The Conservatives pledged to challenge a court ruling striking down its ban on the niqab at citizenship ceremonies, leading to accusations that the party was fostering anti-Muslim sentiment.

Oct. 5: TPP

The Conservatives heralded the Trans-Pacific Partnership as a historic economic agreement. The NDP opposed it and the Liberals said they would study it further.



Green Party Leader Elizabeth May, right, participates in a No to Energy East and Line 9B Pipelines protest in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

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metrO VIEWS

Your essential daily news

Tuesday, October 20, 2015

ROSEMARY WESTWOOD

It felt more like a relief than a victory. 'A lot of good people lost,' my friends echoed each other — excited to see the Conservatives out of power, but sad to see the gutting of the NDP.

I could tell our hostess had been giddy all day. "I feel like someone who loves sports," she said breathlessly as we rode up the elevator. It was only 5 p.m.

Your election party might have been rowdy. Ours was candlelit. Camembert cheese (thankfully not ice-cold), a homemade North African peanut soup and bottles of red wine. How else does a feminist salon — in the sense of an assembly of friends — toast to the demise of Stephen Harper?

There was the hostess, who is a social-justice advocate, and our friends, the lawyer, the fashion designer and the non-profit manager. For a night amped up this much on social media, we were ready to be giddy. Then the CBC — and Peter Mansbridge in particular — started coverage with all the pulse and excitement of a funeral. It would turn out to be Stephen Harper's.

We watched Mansbridge humdrum his way through Atlantic Canada's red sweep, caught a shot of Ian Hanomansing and a hit of actual energy from the unequalled Rosemary Barton, and switched to the Jays, just in time for the second inning go-ahead run.

"Come on, come on, come on!"

"Yes, yes, yes!!"

By then, the Liberals had 60 per cent of the votes counted so far, and it was time for brownies and ice cream.

"Should I microwave these brownies so they're gooey?" asked Hostess.

The ladies squealed as the Jays rapidly scored another spate of runs. And the CBC's snoozefest coverage continued, until 9:41 p.m., when we switched back.

"Based on this," Mansbridge was saying, "the next prime minister of Canada will be Justin Trudeau."

"Oh my God. Oh my God," said Non-Profit.

"Eat it, Stephen Harper!" said Lawyer.

CBC was calling 54 seats for the Liberals, 18 for Conservatives, and the NDP? Just three.

"The NDP just got slaughtered," I said.

"They really did," Non-Profit said.

In Outremont, though early in the polls, Thomas Mulcair trailed in his own riding.

"Oh dear," Non-Profit sighed. "He must be, like, 'How did this all happen?'

The CBC's background was by then awash in red, with photos of Justin Trudeau in a canoe.

"It's like 165!"

"Really fast!"

There was only one Liberal voter in the bunch. But no one was sad for a Trudeau

win — just sympathetic for the NDP. Non-Profit would have wanted a coalition. The others agreed.

They bemoaned the loss of Megan Leslie in Halifax and Peggy Nash in the GTA — popular politicians who seemed to have lost more to anti-Harper sentiment than to Trudeau.

The votes rolled in.

"Oh, Chris Alexander lost!"

"Excellent!"

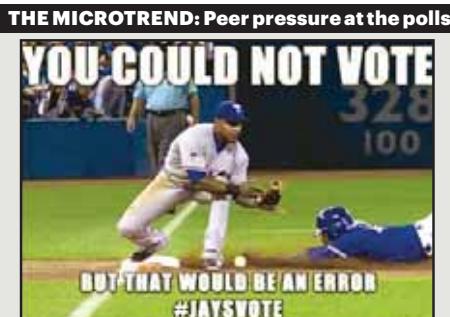
"Yes! Fantino's gone!"

Stephen Harper was projected to win his seat.

"I just want to see him concede," I said.

"Ooh," the ladies cooed.

All the anger on all sides of the spectrum gives way, on election day, to hope.



The result may not be the only surprising thing about this election. There were signs of a turnaround in youth turnout. Social-media newsfeeds were crowded with young people encouraging others to vote — with selfies, with funny memes and occasionally with shaming tactics. The excitement was palpable online, from an indigenous youth voting campaign to a site for organizing "vote parties," making civic duty a social occasion. Why? It could be Conservative fatigue, or university students who were allowed to vote on campus in their home riding for the first time. But it might also be that since 2011, many millennials have transitioned into full-blown adults, with homes of their own, taxes to pay, small children and aging parents. Where there was once utter disaffection, there are now urgent reasons to vote.



Long-simmering campaign a recipe for voter engagement



Emma Teitel

On Oct. 10, Mary Cleaver, a B.C. woman in her 40s, posted on Facebook about why she would not be voting for Stephen Harper, even though his party's economic policies might benefit her family.

"You've underestimated us," she wrote. "On Oct. 19, we're not voting for our bank balance. We're voting for change

because we want the caring Canada of our youth back."

Cleaver's post was shared in the thousands from coast to coast. Spreading Cleaver's message were disenchanted Conservative supporters and staunch progressives eager to disseminate any criticism of Harper. But the group I noticed linking to Cleaver's post most enthusiastically were people my age, in their 20s — a demographic thought

unlikely to show up at the polls, yet clearly inspired by the notion that a person would base their vote not on how it might affect her, but on how it might affect the lives of others.

Say what you want about this campaign's bizarre ugliness, but you'd be remiss if you failed to acknowledge that this was a remarkable campaign for youth engagement.

It was rife with an unusual passion for the democratic process.

People still may not be voting at the rates they should be, but they are at least learning about politics. Political discourse, whether partisan, balanced or incomprehensible, was almost impossible to ignore this election season.

"People really recognized this was an important and decisive election," said Melana Roberts, 26, co-chair of the Toronto Youth Food Policy Council. "Young people ... are far less apathetic. We are recognizing we are the makers of our own futures, and if we don't stand up for the things we believe in, no one else will."

Roberts may be right about waning apathy. But I have a different theory about high youth engagement with politics: Our election was simply too long to ignore.

If you're a politically uninformed person (I was one for a very long time), when there is an election — usually five weeks in Canada — you typically tune in twice: when the campaign kicks off, and before you're supposed to go to the polls, when you hastily read whatever campaign literature you can get your hands on.

But the protracted election cycle gives voters no choice but to marinate in the issues, and it's infinitely beneficial in an age where sites filter out content deemed irrelevant to our personal interests. Yes, taxpayers have to foot the bill for a long election, but some things — a healthy, engaged democracy for one — are worth the time and money.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

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PHILOSOPHER CAT
by Jason Logan



IN BRIEF

Woman hospitalized after inhaling chlorine gas
EMS drove a woman to hospital after she inhaled high levels of chlorine gas at a condo in the city's northwest Monday morning.

Upon arrival, paramedics determined a woman working at the site was preparing chemicals for swimming pool maintenance and inhaled a very high concentration of chlorine, EMS said in a news release.

Paramedics assessed the woman for breathing complaints and later drove her to the Foothills Hospital in stable, non-life-threatening condition. METRO

Bowden, Drumheller prisons both in lockdown

Two Alberta prisons have gone into lockdown within two days, at Bowden Institution and Drumheller Institution.

On Monday at about 1:30 p.m., the medium security unit at Drumheller Institution put a lockdown into place so staff members could conduct an exceptional search.

On Sunday evening, the medium security unit at Bowden Institution was put into lockdown so staff members could conduct an exceptional search as well.

Officials from both institutions say the searches were ordered to ensure the safety and security of the institution, staff and inmates.

They say normal operations will resume as soon as it is considered safe to do so and visits have been suspended until the searches are completed.

METRO



Investigators descended upon this house after two bodies were discovered inside on Monday morning.

LUCIE EDWARDSON/METRO

Two bodies found in Coventry home

INVESTIGATION

Police say it was not a random attack



Lucie Edwardson
Metro | Calgary

The Calgary police are investigating the discovery of two bodies inside a home in northeast Calgary Monday morning.

At 10 a.m. Monday, police were called to check on the welfare of an individual in the 200 block of Coventry Close NE.

Police found two people dead in the residence and say

the deaths weren't the result of a random attack.

Several neighbours told Metro they thought another person had been found dead in a home on the same block last year, but weren't sure if it was the same house.

Neighbours also recall a robbery on the other side of the street last year, but nothing since.

Melanie Breakenridge has lived in area for five years and describes it as a very quiet neighbourhood.

"It makes me a little nervous," she said. "First thing I did when I got home was walk in the door and say, 'There are cops everywhere on our block, have you heard what is

going on?'"

Breakenridge said she'd be shocked if there was a murder in the community.

"I always think it happens in areas of town and not here—but it goes to show it can happen anywhere."

Another neighbour, Christopher Claxton, has noticed an uptick in crime in the area recently.

"We've lived here all our life and nothing happened, and in the past few years it's gotten worse," he said.

Even with an investigation going on, people in the community were still going about their business this afternoon.

A playground is directly across the street from the home where the bodies were found. A dozen or more children were playing on the street.

The investigation is ongoing and police ask anyone with information relating to this incident to contact the Calgary Police Service non-emergency line at 403-266-1234, or Crime Stoppers at 1-888-222-8477, by texting tttTIPS to 274637, or by visiting www.calgarycrime stoppers.org.

BOW RIVER

Siksika Nation short on ballots

A higher than expected voter turnout on the Siksika Nation turned into a ballot shortage for the members at the polls.

Elections Canada confirmed an unexpected ballot shortage in the Bow River riding, which was replenished "within 15 minutes," according to officials.

"Yes, they did run out of ballots; at least 15 minutes they were out of ballots, but if they're not there right now they should be there within the next five minutes," said Calgary's Elections Canada spokeswoman Leanne Nyirfa.

"There were some people who would have had to wait, you know, 15 to 20 minutes for a ballot to come, so hopefully they were able to do that."

But voters in line and being turned away for at least 45 minutes while new ballots were being couriered to the polling station, tended to disagree. They said delays were nearly an hour and some people. Nyirfa said this doesn't typically happen at polling stations unless voter turnout is higher than expected.

Reports shortly before polls closed said there were still at least 60 people in line. METRO



Siksika Nation voters were forced to wait when ballots ran out. METRO FILE

HEALTH SERVICES

Cyclotron still needs repairs

Brodie Thomas
Metro | Calgary

More Alberta patients are having their PET scans rescheduled as an equipment malfunction stretches into its second week.

A cyclotron, which is used to make a radioactive product needed for PET scans, has been broken since last Wednesday morning.

Last week AHS officials said they expected to have the machine up and running by Monday.

Kerry Williamson, a communications director with Alberta Health Services, said they are now hoping to have the cyclotron fixed by the end of the week.

AHS is apologizing to patients and their families for the delay.

He said AHS is contacting all affected patients, and some received their scans immediately with product brought in from other provinces.

In Calgary, seven out of 19 scheduled patients are receiving their scans each day, while in Edmonton, 25 out of 30 are

scheduled daily, according to Williamson.

Radiologists make the call as to which patients need their scans first, and which are less urgent.

Erica Malanchuk is one of the affected patients. She told Metro she is one of the lucky few to get her screening in Calgary this week.

She is now scheduled to have her scan on Tuesday.

She was originally scheduled for a mid-September scan, but has had that date changed three times.



AHS says it is still able to complete seven of the usual 19 daily PET scans at the Foothills Hospital in Calgary since a cyclotron in Edmonton broke down last week. METRO FILE



Free flu shots will be available at immunization clinics, doctors' offices and pharmacies starting today. METRO FILE

Up in arms to fight flu

VACCINATION

Time to roll up your sleeves as immunization gets underway

Albertans can start rolling up their sleeves Tuesday — Alberta Health is launching its immunization program, so Albertans can protect themselves and others against the flu.

The vaccine is available free of charge to Albertans age six months and older at Alberta Health Services public flu immunization clinics, and at pharmacist and physician offices.

"Influenza arrives every fall, and chances are you will be exposed," said Dr. Judy MacDonald, medical officer of health in the Calgary Zone. "You may be healthy now but keep in mind: good health isn't contagious."

103

The number of people who died from the flu in Alberta during the 2014-15 flu season. SOURCE: ALBERTA HEALTH

Influenza is. To protect your health, get immunized."

Immunization is the most effective way for people to protect themselves against all virus strains that are expected to circulate this year, the health services said in a press release.

Strains change from season to season, so last year's vaccine won't be effective, AHS added.

"It's pretty simple: to be protected this season, you need to be immunized this season," MacDonald said.

"Without immunization, you're at risk."

Last flu season, more than 1,870 Albertans were hospitalized due to the flu, and 103 of them died. Thousands more suffered from the virus and put others at risk, AHS said.

More information regarding local clinic schedules can be found at ahs.ca/influenza, or call Health Link at 811. METRO

IN BRIEF

Guilty pleas in sexual assault

Two brothers have pleaded guilty to kidnapping and raping a 17-year-old in Calgary. Corey Manyshots, 26, and Cody Manyshots, 22, were to stand trial Monday, but instead pleaded guilty to four of five charges.

Last November, the Grade 12 student was taken from a northeast bus stop and dragged to an alley where she was assaulted. She was then taken to a home where she was repeatedly raped for eight hours before she could escape. THE CANADIAN PRESS

DRUNK DRIVING

Sentencing begins in toddler's death



Andrea Ross
Metro | Edmonton

A sentencing hearing began this week for an Edmonton man charged in connection with a crash that killed a toddler on a restaurant patio two years ago.

According to an agreed statement of facts, Richard Suter drove his SUV through a glass

window and onto the patio of Ric's Grill in Terwillegar at around 6:30 p.m. on May 19, 2013.

Two-year-old Geo Mounsef, who was having dinner with his parents and brother, died in the collision.

Suter pleaded guilty in July to failing to provide a breath sample.

Mounsef's mother, Sage Morin, said Suter was "heavily intoxicated" at the time of

the collision.

"When I got close to him he couldn't even stand upright, and yeah, he was wobbling all over," Morin says in the agreed statement of facts. "He was trying to run away."

Witnesses reported seeing Suter stumbling and falling onto the pavement when he left his vehicle after the collision.

When one witness asked what happened, he said he

hit the wrong pedal."

One of the first police officers on scene determined Suter was intoxicated and that he refused to provide a breath sample after speaking with a lawyer.

When Suter learned Mounsef had died, he told officers he felt "sick to his stomach" and that he had committed a "heinous crime."

Suter's sentencing is expected to last until Friday.



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IN BRIEF**Gangster on trial for 'Goodfellas' heist**

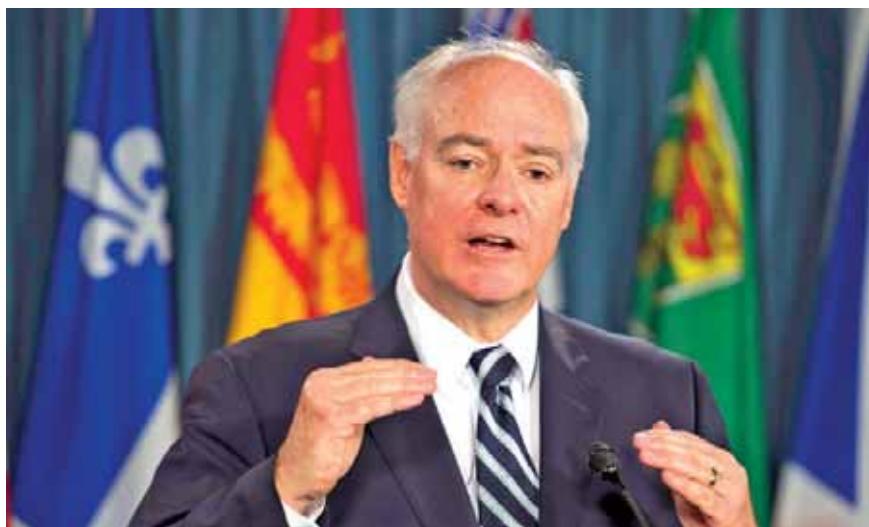
An aging gangster went on trial Monday on charges he was in on the \$6-million Lufthansa holdup in 1978, a legendary theft dramatized in the hit film Goodfellas.

The brazen armed robbery of cash and jewelry in the dead of night at a cargo terminal at Kennedy Airport was "the score

of all scores" for Vincent Asaro, 80, and other mobsters of his generation, Assistant U.S. Attorney Lindsay Gerdes said in opening statements in federal court in Brooklyn, N.Y.

Defence attorney Diane Ferrone countered by accusing the government of relying on the testimony of untrustworthy turncoat mobsters.

THE ASSOCIATED PRESS



Perrin Beatty, President and CEO of the Canadian Chamber of Commerce, speaks about the Trans-Pacific Partnership during a news conference in Ottawa earlier this month.

ADRIAN WYLD/THE CANADIAN PRESS

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- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 23rd, 2015. PLEASE QUOTE: "Receptionist/Sales Coordinator - Calgary" in the subject line. All submissions will be treated as confidential.

metro

Businesses back trade pact, pipeline

CHAMBER OF COMMERCE

Proposals include carbon tax, pension reform

The Canadian Chamber of Commerce is urging the next federal government to implement a suite of initiatives, including changes to the Canada Pension Plan and the adoption of a national carbon tax aimed at cutting greenhouse gas emissions within 35 years.

The business organization, which represents chambers and boards of trade across the country, says the policy changes were part of 49 resolutions adopted at its annual meeting over the weekend.

It's calling on the federal government to work with prov-

inces on a new tax, or legal limit, that would lead to a "substantial reduction" in greenhouse gas emissions by 2050, though the chamber didn't provide any specific goals in its announcement.

The chamber is also pushing for reforms to the Canada Pension Plan that would let employees contribute higher amounts.

It is also asking for "favourable conditions" to support

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said chamber president and CEO Perrin Beatty in a statement.

"With these new resolutions that cover a wide array of topics, we're ready to present the priorities of the business community to the new government."

TransCanada's Energy East Pipeline, a proposed development that would have the capacity to transport 1.1 million barrels of crude oil per day from Alberta to refineries and ports in Eastern Canada.

Among the other resolutions was support to finalize the Trans-Pacific Partnership and an initiative to streamline applications under the federal temporary foreign workers program.

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said chamber president and CEO Perrin Beatty in a statement.

"With these new resolutions that cover a wide array of topics, we're ready to present the priorities of the business community to the new government."

THE CANADIAN PRESS

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Migrants and refugees on a dinghy from the Turkish coast arrive on the northeastern Greek island of Lesbos on Monday. More than 600,000 people, mostly Syrians, have reached Europe since the beginning of this year. SANTI PALACIOS/THE ASSOCIATED PRESS

Migrants hit Croatia

CRISIS

Border opened to let refugees keep moving to Slovenia

Thousands of people trying to reach the heart of Europe surged across Serbia's border into Croatia on Monday after authorities eased restrictions that had left them stranded for days in ankle-deep mud and rain.

The wave of humanity left

behind a field scattered with soaked blankets, mud-caked clothing and water-logged tents as they headed for Slovenia, the next obstacle to their quest to reach richer European Union nations via the Balkans.

Monday's surprise move allowed an estimated 3,000 more migrants to enter Croatia bound for its small Alpine neighbour, which also has been struggling to slow the flow of human-

900
Number of migrants estimated to have reached Austria through Slovenia on Monday.

ity across its frontiers — and faced another wave of trekkers seeking to reach Austria and Germany to the north.

"Without any announcement, the borders opened. When the borders opened, everybody rushed," said Melita Sunjic, a spokeswoman for the UN refugee agency.

Many had discarded their mud-soaked socks and walked only in sandals or slippers through the

ankle-deep muck in a driving rain, frigid winds and fog.

Croat police stood aside to permit asylum-seekers by the thousands to walk toward buses for transport north — where they would become Slovenia's problem.

Croatia's prime minister, Zoran Milanovic, said conditions on the poorly sheltered Serb side of the border had quickly grown unbearable.

"It's apparent that this is no solution, so we will let them through. We will send them toward Slovenia," Milanovic said. THE ASSOCIATED PRESS

DEMOCRACY

Half-holiday fails to woo Egyptians to vote

Egypt gave government workers a half-day off on Monday in an attempt to boost low turnout in the first legislative elections since a chamber dominated by Islamists was dissolved by a court ruling in 2012, but there was no sign of increased activity at polling stations.

Monday is the second day of voting in 14 provinces. Voting in Egypt's other 13 provinces, including Cairo, will take place next month.

Final results are scheduled to be announced in December and the 596-seat chamber is expected to hold its inaugural session later in the month, thus completing a three-phase political roadmap announced by President Abdel-Fattah el-Sissi when, as military chief, he ousted Islamist leader Mohammed Morsi in July 2013.

The first two phases were drafting and adopting a new constitution by January 2014, replacing a charter mostly written by Morsi supporters and which had an Islamist slant. Presidential elections, which el-Sissi won last year, were the second stage.

Unfortunately the youth aren't coming out. Us old people are.
Retiree Fatima Salam

The parliamentary elections are widely expected to result in a rubber-stamp assembly supportive of el-Sissi. A low turnout would indicate growing dis-

illusionment or distrust of the political system under his rule.

Prime Minister Sherif Ismail was quoted by the official Middle East News Agency as saying turnout in Sunday's voting was between 15 and 16 per cent. Some half-dozen judges interviewed on Monday gave roughly the same figure.

The figures given by officials, however, appeared to be much higher than the coverage by TV news networks would suggest. State media has acknowledged that turnout was generally weak on Sunday.

Associated Press reporters who toured polling centres across Giza on Sunday and Monday said that, unlike in elections held since the 2011 uprising that toppled autocrat Hosni Mubarak, there were no long lines. THE ASSOCIATED PRESS



Soldiers inspect voters' documents outside a polling station in Fayoum, Egypt on Monday. EMAN HELAL/THE ASSOCIATED PRESS

GERMANY

Violence erupts at anti-Islam rally

Violence flared in the eastern city of Dresden after German anti-Islam group PEGIDA staged a rally to mark its first anniversary Monday.

Scuffles broke out when police tried to separate far-right protesters and counter-demonstrators attempting to block their path. Marko Laske, a spokesman for city police, said one person was hospitalized and a counter-demonstrator was detained.

Dresden authorities had warned ahead of the protest that they would crack down hard on violence, amid growing concern in Germany that PEGIDA — whose name stands for "Patriotic Europeans against the Islamization of the West" — is becoming more radical.

German officials accuse the group of trying to capitalize on fears of immigration amid an unprecedented influx of refugees to the country.

Many in the crowd held ban-

ners with slogans such as "refugees not welcome." Speakers who touched on the issue of migration elicited chants of "send them back."

Germany's top security official warned that groups such as PEGIDA were paving the way for violence, citing a sharp increase in attacks on refugee shelters this year and a weekend knife attack on a leading candidate to be mayor of Cologne. The attacker told police he acted out of anti-foreigner motives.

Interior Minister Thomas de Maiziere told public broadcaster ARD late Sunday that the domestic intelligence service was monitoring PEGIDA and called its leaders "hard far-right extremists."

Monday's protest drew a bigger crowd than the previous week, when some 9,000 joined the rally. Organizers claimed almost 40,000 attended.

THE ASSOCIATED PRESS

IN BRIEF

Eritrean slain by mob was mistaken for a Palestinian

The death of an Eritrean migrant who was shot and beaten by a mob that mistakenly believed he was a Palestinian attacker set off a round of soul-searching Monday amid the jittery atmosphere sweeping Israel in a wave of unrest.

Some critics accused Israel's leaders of fostering the charged climate, while others called for the swift prosecution of the crazed mob.

Nine Israelis have been killed in the past month in the attacks, mostly stabbings. At least 41 Palestinians have been killed — including 20 identified by Israeli authorities as attackers; the rest were slain in clashes with Israeli forces. THE ASSOCIATED PRESS



Trans Canada in harm's way

WELLNESS

Documentary shows access to transgender health care is bumpy at best

Henrietta Walmark
Metro | Canada

"I didn't think I would live past 30 at that point," AJ Ripley, a gender ambiguous person, says in the Vice Canada documentary *On Hold: Investigating Transgender Health Access in Canada*.

Ripley is seen standing in front of a portrait of their pre-transition self in the Marie Fox exhibit at the Beaverbrook Art Gallery in Fredericton, N.B. "I was 28 at the time and didn't imagine I would make it to 30. So as a 30-year-old standing here in an entirely different body, and looking at those eyes, I just want to hold that person and tell them that it's going to be OK."

It's a vulnerable moment in contrast to Ripley in the opening scene of *On Hold*, which they host and co-produced. (Ripley is non-binary and prefers the pronouns they/them/their(s).) The trans activist is on the phone trying yet again to schedule a meeting with New



AJ Ripley is a non-binary trans-masculine PhD student fighting for funding of proper health-care services in New Brunswick. ALL PHOTOS: SARAH THOMAS MOFFAT

LEARN MORE

On social media

- Watch the documentary *On Hold* on YouTube or at vice.com.
- Follow AJ Ripley on Twitter @genderunicorn and on their blog, Trans Canada (My Way).



Brunswick's minister of health, Victor Boudreau.

Ripley wants a face-to-face meeting with Boudreau to discuss the health minister's comment that doctors don't need to service trans patients if they disagree morally and religiously with their identities.

New Brunswick is the only province in Can-

ada that does not offer any funded procedures to transgender people. *On Hold* uses that fact as a jumping-off point to examine transgender health care access across the country.

"I'm one of the people who is waiting for surgery," Ripley tells Metro in a phone interview from Fredericton. "It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it."

"Anywhere else I could apply and go through the paperwork and get it covered, but because

It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.

Transgender activist AJ Ripley

my government doesn't pay for it, I have to crowdfund. That can feel like a shameful experience."

While other provinces offer some access to some surgeries, Ripley says that even in Ontario, which has one of the best trans health-care models, "there are still a lot of problems because of understaffing, lack of education and prejudice."

"When you're trans, your life really becomes your cause," says Ripley. "You're an activist from the time you wake up until the time you go to bed, unfortunately."

When allies ask how they can help, Ripley suggests sharing information on social media. "What I tell people is to like my article about what it's like to be a trans activist online. Put it on your (Facebook) wall if you're cisgender, heteronormative people. It might not receive a ton of likes but it doesn't mean people aren't reading it or engaging with it."

"It means the world to me to know that I have 50 or 60 people sharing this documentary in their social media realm," says Ripley, "knowing that will snowball to thousands of other people."

The trans activist was finally able to meet with the New Brunswick health minister, but Boudreau asked for patience until a budget review late in October. "At that time if he doesn't show us that he's trying to find a solution for trans people in the province, we'll have to ramp up our activism," says Ripley.

"Dr. Edgar in the documentary does say that what we've learned statistically through a number of surveys is that waiting equates to death," says Ripley. "So access to trans health care and gender reassignment surgery is not trivial or optional or elective, it's really a matter of life or death. People that spout ideas about these surgeries being cosmetic, I hope that they read more or watch the documentary and realize the damage in that narrative."

STUDY

Other provinces can learn from IVF funding

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost \$45,000 to more than \$100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost \$600,000.

Those findings, say researchers, represent a cautionary tale

for any other jurisdiction considering whether to fund a similar program.

In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

The actual cost is higher: the program does not reimburse

patients for medications needed for IVF, which typically run between \$3,000 and \$5,000 per cycle and are often paid for by private insurance.

In all, 246 babies were born to women 40-plus during the 2010-2012 study period, said lead researcher Dr. Neal Mahutte, medical director of the Montreal Fertility Centre.

Researchers found that each live birth achieved through IVF for women aged 40, and using

their own eggs, cost the government \$43,153, a figure that increased exponentially with age, reaching almost \$104,000 for 43-year-olds.

In contrast, IVF treatment that resulted in a live newborn for women under age 35 averaged \$17,919, say the researchers, whose study will be presented Monday at the American Society for Reproductive Medicine (ASRM) annual meeting in Baltimore. THE CANADIAN PRESS



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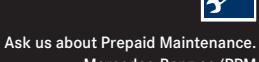
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West's rant highlights app issue



Kanye West recently ranted on Twitter over in-app purchases on North's games. Some parents have bills for hundreds of dollars after their kids too clicked on purchase prompts.

GETTY IMAGES

Toronto single mom Robyn Holmes sympathizes with Kanye West.

Like the hip-hop star, who recently dropped an F-bomb on Twitter over in-app purchases for kids' mobile video games, Holmes has been burned by her young child inadvertently racking up a bill on her tablet.

In Holmes's case, her then-four-year-old daughter was playing Angry Birds and clicked on over a dozen in-app purchase prompts to advance to new levels.

"Then I start receiving these emails on my device, 'Thanks for your purchase,' and I'm like, 'Oh my God, what purchase?'" recalls Holmes, an IT problem manager.

"I look and all of a sudden I've got this \$80 bill for stuff that she's bought."

Holmes didn't realize that certain settings on the tablet allowed her daughter to make in-app purchases. She's since learned her lesson — one that West clearly just did as well, based on his recent tweet that started with an expletive and then derided "any game company that puts in-app purchases on kids games!!!"

"That makes no sense!!! We give the iPad to our child and every 5 minutes there's a new purchase!!!" West continued in another tweet.

"If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake."

Actor Jack Black has also been affected by costly in-app purchases, lamenting on The Tonight Show Starring Jimmy Fallon in May that his young son spent \$3,000 on just one game.

In-app purchasing is typically available in games that are advertised as free to download. Sometimes just the first few minutes of play are free, or users may be tempted with the option to buy more lives, bonus features or premium content with real money.

Digital media expert Aimee Morrison, associate professor of English at the University of Waterloo, says the problem improved somewhat after developers of "free" games started indicating in app store descriptions when in-app purchases were available.

But the total cost of in-app purchases can vary wildly, she adds. Some games offer dozens of hours of fun for just a few bucks, while others require substantially more.

The biggest piece of advice from experts is for parents to change settings on their devices to prevent children from making such purchases.

Parents can also seek out kids' games that don't have such traps.

Toronto-based studio Sago Sago, for instance, makes apps that are free of in-app purchases and third-party ads for children ages two to four. Instead, most of the apps cost \$2.99 for the entire game upfront.

THE CANADIAN PRESS

The science of lovesickness

INTERVIEW

Rejection's impact on the brain explored in new doc

A painful ache in your heart. Depression. Inability to stop crying.

These are all symptoms of a paralyzing illness that affects people all around the world — it's called lovesickness.

Biological anthropologist Helen Fisher is an expert on romantic love who has studied the effects of romantic rejection on the brain. She is also the lead scientist in a new documentary, *Sleepless in New York*.

Describe the science behind lovesickness.

(Through brain scans of 17 people dumped recently), we found activity in a brain system that is completely linked with deep feelings of romantic love for the person. So when you've been dumped, you still continue to love them. We also found activity in a brain region linked with attachment, so even though they've dumped you, you still feel a feeling of deep attachment to this person. We also found activity in three brain regions linked with cravings. And one of those three is the main addiction centre for all drugs of abuse. Last but not least, we found activity in a brain region linked with the anxiety that goes along with rejection but also linked with pain.

Is romantic love addiction?

It is an addiction. The addiction centres become active.

How dangerous can romantic rejection be?

Well, if you kill yourself, that's the finale of your life on Earth. If you kill someone else, that's the finale for them. If you're stalking someone, you're terrifying them. And if you slip into clinical depression, you don't get out of bed.

Is there a formula for overcoming romantic rejection?

I would treat it as an addiction. Throw out the cards and letters. If you're giving up alcohol, you don't keep a bottle of vodka on your desk. Don't write. Don't call. Don't ask that person's friends about them.

TORSTAR NEWS SERVICE



The documentary *Sleepless in New York* by director Christian Frei follows people who have been rejected by their lovers in the days and weeks following their breakups. HANDOUT

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STUDY

Parents now advised to introduce allergenic foods earlier

Parents should be feeding their babies potentially allergenic foods to ward off serious allergies, suggests a new review of recent evidence.

The review, published Monday in the Canadian Medical Association Journal, states that most babies at four to six months of age can begin eating these foods, which include cow's milk, soy, peanuts, tree nuts, eggs, wheat, fish, shellfish and sesame.

And once those foods have been introduced, it's important the baby continue to eat them on a regular basis or an allergy could develop.

"We're in the midst of a food allergy epidemic, so prevention is really important," said co-author Dr. Elissa Abrams of the University of Manitoba's department

In the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy.

Dr. Elissa Abrams

of pediatric allergy and clinical immunology.

In the past, parents of babies at high risk of developing allergies were advised to wait 12 months to 36 months before introducing commonly allergenic foods.

"At the time we thought that if you allowed the infants' immune system and gut to mature it would decrease the chance that they would become allergic," said Abrams, who co-authored the review with Dr. Allan Becker.

Instead of food allergy rates

dropping, as was expected, there was an increase in some areas.

"For example, in the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy," said Abrams.

Later studies "found that giving the foods late did not prevent allergies and in fact may actually increase the risk that these children would become allergic."

Groups including the Canadian Society of Allergy and Clinical Immunology now call

for introducing peanuts to high-risk kids at between four and 11 months of age.

The new review does suggest it might be advisable for parents to visit an allergist if there is a history of allergies in the family.

A recent survey of Canadian households found that eight per cent, or one in 12 families, reported at least one food allergy.

Researchers have also learned more about what could be causing food allergies.

"We now think that you can actually become allergic through your skin, specifically broken skin such as in children with eczema, if they're exposed to these foods in the environment and not already eating them," Abrams said.

"So that's why the guidelines

have shifted so dramatically from the old guideline, which was wait, to the new guideline, which is there is no need to wait."

Current guidelines say mothers don't need to avoid foods that commonly cause allergies while pregnant or breastfeeding. Many mothers ask what's the harm in avoiding the foods as a preventative measure.



"There is a harm," said Abrams. "In some of the studies, when moms avoided foods when they were pregnant, they were at an increased risk of having small children and having children that were born early."

Dr. Susan Waserman, professor of medicine in the clinical immunology and allergy division at McMaster University, said in her clinic they haven't been telling parents to avoid allergenic foods for many years.

"But we never had good evidence even to make that recommendation until this study," she said.

THE CANADIAN PRESS

RESEARCH

ER visits blamed on over-the-counter pills

Over-the-counter supplements, including vitamins and weight-loss aids, are being blamed for 23,000 visits to U.S. emergency rooms each year, according to a decade-long study this week.

The findings published in the New England Journal of Medicine are based on reports from a nationally representative sample of 63 emergency departments from 2004 through 2013. The study raised new concerns among experts over the safety of an industry that crit-

ics say is largely unregulated and yet highly popular among consumers — bringing in \$14.8 billion in 2007, or one-third of the out-of-pocket expenditures for prescription drugs, according to background information in the article.

50%

More than half of the ER visits due to over-the-counter drugs were related to weight loss drugs.

than one fifth (21 per cent) of emergency visits were due to children swallowing supplements.

"Child-resistant packaging is not required for dietary supplements other than those containing iron, and despite such packaging, iron supplements were the second most commonly implicated type of supplement in unsupervised ingestion by children," said the study.

When it came to people, swallowing problems caused nearly 40 per cent of emergency department visits for supplement-related adverse events. AFP



Welsh researchers have found a link between eye problems and birth order. ISTOCK

A large yellow banner at the top features the words "ROCKTOBER IS BACK!" in blue and yellow, with "WEEK THREE: TRUCK WEEK!" in white below it. The background shows a dark, rocky landscape with lightning bolts. Logos for Chevrolet, Buick, GMC, and Cadillac are at the top. A red banner on the right says "SHOP CANADA'S #1 GM DEALERSHIP! CALL TO SCHEDULE A TEST DRIVE TODAY!". Below the banner, there are five promotional boxes for different GM vehicles. Each box includes a photo of the vehicle, its model name, retail price, sale price, weekly payment, down payment, interest rate, and a list of included features. The vehicles shown are a 2015 Chevrolet Colorado Ext Cab, a 2015 GMC Sierra 1500 Double Cab, a 2015 Chevrolet Silverado 1500 Crew Cab, a 2015 GMC Sierra 2500 Crew Cab, and another 2015 GMC Sierra 1500 Double Cab.

More myopia in first-borns

STUDY

Oldest sibling at 10% greater risk of being short-sighted

could mean they are more exposed to factors triggering myopia, say the researchers.

The more studying the first-born children do compared to their siblings, the greater the difference in sight between them, reports the study, which points to parental role in children's school life, particularly first-born children, as a potential explanation for this phenomenon.

their findings, which were published this month in the journal JAMA Ophthalmology, indicated that compared to their last-born and younger siblings, first-born children had a 10 per cent greater risk of becoming short-sighted and a 20 per cent greater risk of developing a severe form of myopia.

Taking their work a step further, the team then took account of environmental factors associated with the noted difference.

The researchers used two criteria: the highest educational qualification obtained and the age of completion of full-time education, in order to evaluate the degree of exposure to education depending on birth order.

Previous studies have shown that myopia is accentuated by intense reading, writing, and working at screens at school, university and in professional life.

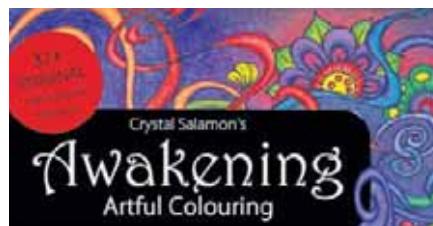
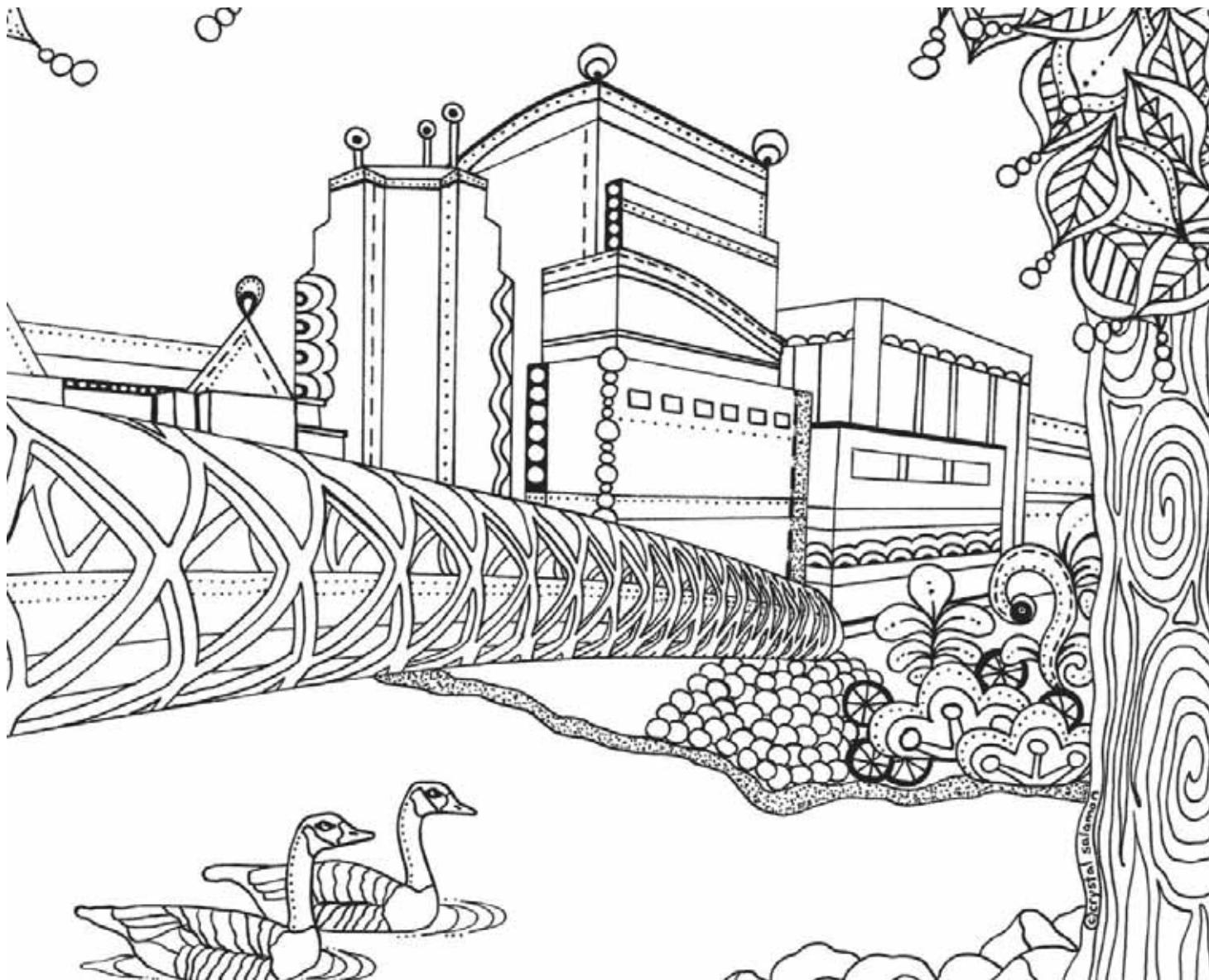
The researchers suggest that reduced parental investment with siblings who follow the first-born could be linked to the lower risk of myopia in the younger and youngest siblings in a family. AEP

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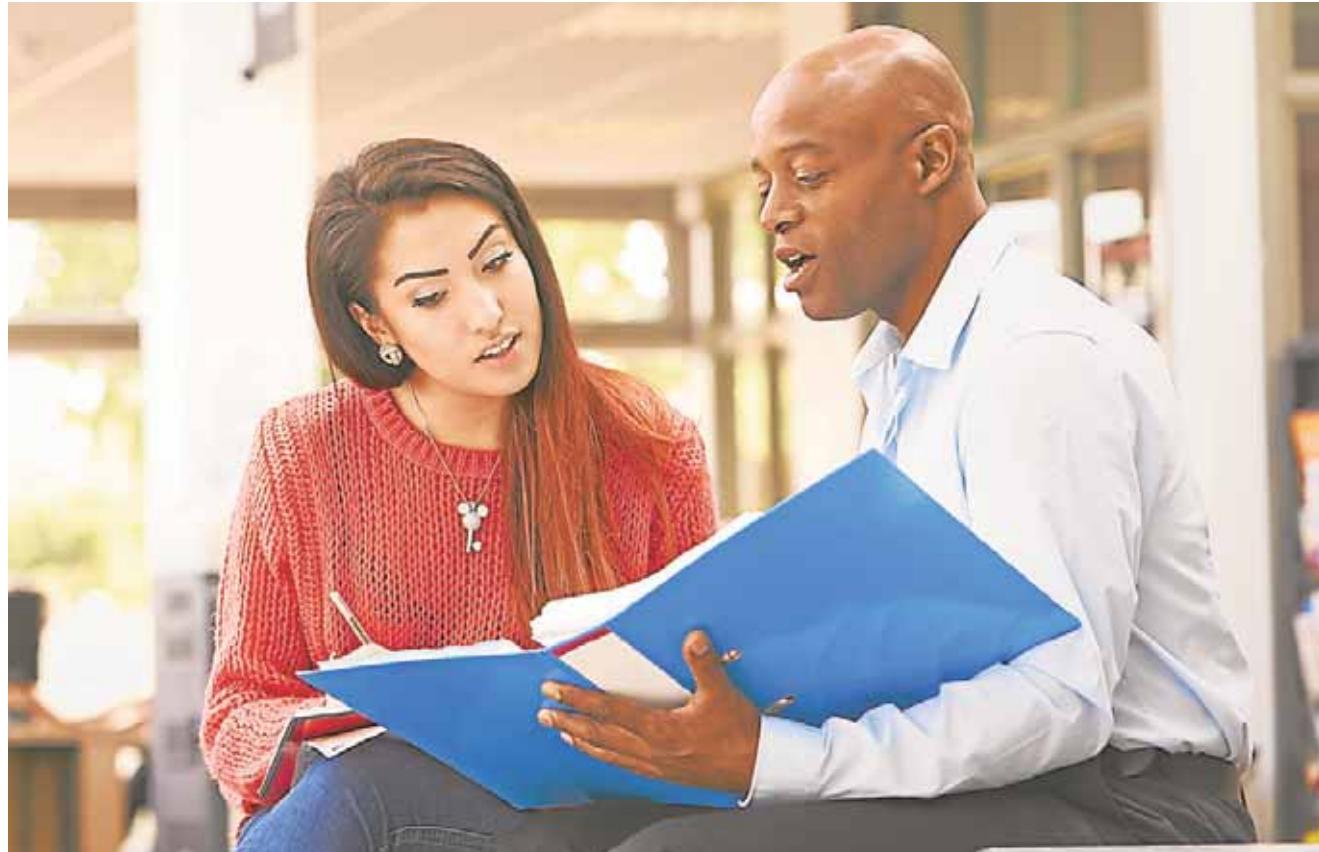
What you should consider if you are thinking about a new course of study

You spent a lot of time doing research when choosing your post-secondary program, but now you are almost two months into the school year and starting to realize that your current major may not be for you. According to Caitlin MacGregor, a Carleton University academic adviser, you aren't alone.

"Many university students end up changing their major," says MacGregor, who works at the Ottawa-based university's Student Academic Success Centre. "It's really common. Before you switch, I would recommend finishing the fall-winter semester to really get an idea of the post-secondary experience and decide by spring."

When talking major switches, MacGregor says, it is essential to differentiate between switching a major and switching a degree. The former, which involves transferring, for example, from one bachelor of arts program to another, isn't too complicated. Changing your degree entirely, meanwhile, comes with a unique set of challenges.

"It definitely takes more research," she says. "You would actually have to apply to the program and that means looking at prerequi-



sites, admission averages and essentially starting over for the most part."

Switching majors within the same area of study, on the other hand, requires consideration of whether your current credits will count in the new program, whether the program has unique prerequisites that you may not have obtained in your Level 100 courses, the GPA you need, and the types of assessments you may encounter.

"Within different arts programs, for example, you're looking at very different skill sets and assessments," MacGregor says. "Your current program may see exams that typically contain multiple choice, while the program you are interested in would require you to write essays. Know what you're getting into, your learning style, and how that major fits into your strengths and abilities."

In addition to your own research, Mac-

Gregor says, turn to on-campus resources such as academic success centres and career services, where advisers will be able to answer all of your questions and bring considerations to your attention that you may have overlooked.

"Even if you don't start post-secondary off on the right foot, you can move into it," MacGregor says. "Decide what you're passionate about and go from there." — Izabela Szydlo

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Theatre, the most collaborative of all the art forms, requires a breadth of knowledge in all areas of human interaction, as well as unparalleled depths of self-awareness.

The new theatre program offered at Ambrose University provides students with a unique combination of conservatory training and discipleship, challenging students to incorporate personal faith into art.

"Using the entirety of body, mind, and spirit, theatre is equal parts craft and art," says Val Lieske, associate director, theatre program, Ambrose University.

This program is a two-year commencement into the art and industry of theatre that prepares students for careers as professional actors, directors, and playwrights.

"From acting, to stage combat, to play-

writing, to dance, the diploma in acting aims to create artists of excellence with a foundation of faith," Lieske says.

It also provides a strong foundation for a variety of roles in theatre management.

Instructors are working theatre professionals who bring relevant, hands-on experiences to the classroom stage.

Ambrose University is accepting applications and auditions for fall 2016. Students can register for single classes starting in January, such as Shakespeare, technical theatre, vocal production and movement.

For more information about this new program, visit ambrose.edu.



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“

It was good to find out that other leaders value leading with integrity and leading from the heart like I do.

Melanie,
Project Management

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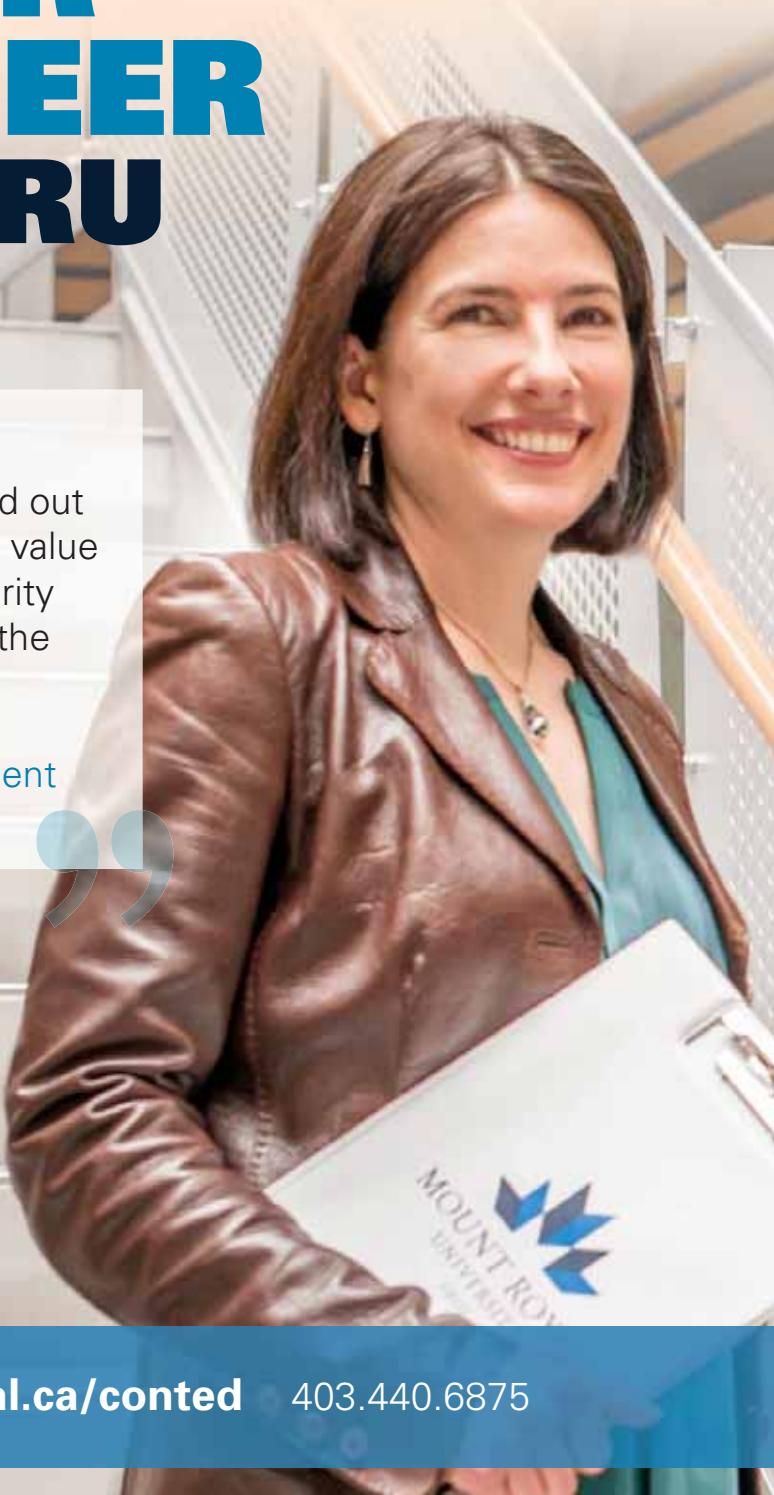
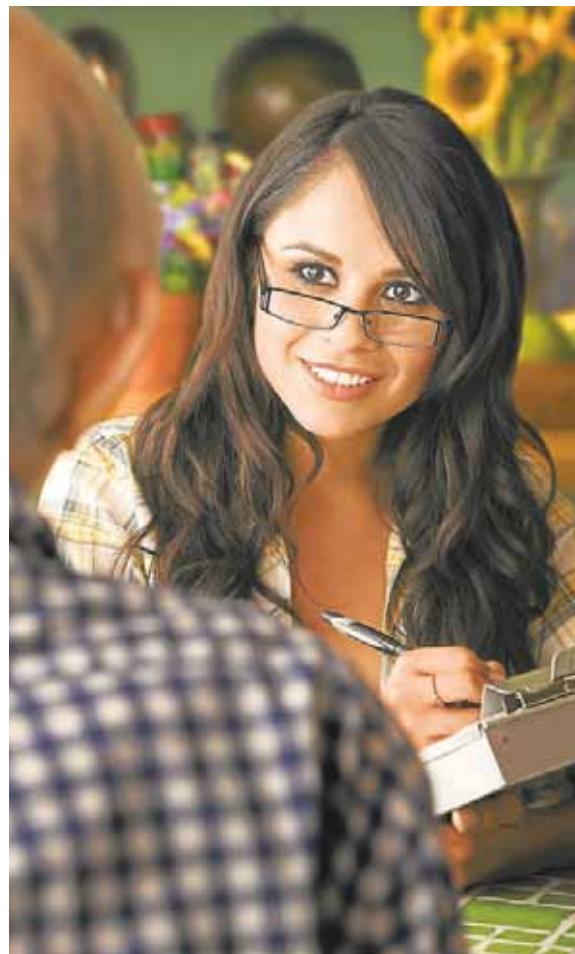


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Programs that speak to you

Camille Snow's desire to help others is what drove her to enrol in the community service and addictions worker diploma program at Academy of Learning Career College.

Before deciding to take this leap back to school, Snow was a stay-at-home mom.

"This program spoke to me right away — I knew this was my chance to start something that would change my life and others," Snow says.

She chose Academy of Learning when a student adviser came to a young's mom group she attended and talked about the school.

Snow has found the instructors to be very knowledgeable about the field and says it is a program she would happily recommend to others.

"With (the instructor's) experience and training, she has made this experience one I will never forget," Snow says.

Once Snow completes the program, she is looking forward to getting out in the workforce and making a difference in the lives of others.

"No matter what direction I choose, whether with kids, teens, adults or seniors, no matter where I go, I will be forever grateful of the education I have received," Snow says.

"I have really learned a lot about myself and the person I strive to be."

This program is 51 weeks in length and graduates are prepared to work in a variety of health-care and social assistance environments.

For more, please visit academyoflearning.ab.ca.



Content Solutions



Elizabeth Scott. CONTRIBUTED

SEMINARS FOCUS ON LEADERSHIP

Collaboration. Innovation. Creativity. Leadership presence.

These are the concepts that form the foundation of a new series of seminars offered through UCalgary continuing education — seminars that can help leaders discover and unleash the hidden potential in their teams.

"The world is evolving towards a more cohesive approach to working together," says Elizabeth Scott, program director, continuing education business and professional programs.

"On a daily basis, individuals are expected to be more creative, innovate new solutions and ideas and then collaborate and work together more effectively."

Scott says collaboration has been touted as the new strategy and, as an educational provider, it is important to help leaders develop skills to ensure success for their teams.

"These seminars are designed for established leaders to assess, reflect and refine their leadership skills — and presence — to further enhance collaboration, creativity, and innovation in their workplace," Scott says.

These seminars fall under the collaborative leaders program offered through UCalgary continuing education.

Some of the seminar titles in the collaborative leaders program include:

- Collaborate to innovate;
- Creative problem-solving;
- Cultivating innovation in your organization;
- Define and refine your leadership presence;
- Enhancing leadership impact with creativity tools;
- Leading for impact and resonance;
- Systems thinking: Creative solutions to complex problems;
- Understanding and developing your unique organizational culture;
- Understanding the power of collaboration, and;
- Whole brain thinking in business.

The collaborative leaders series complements an already robust offering of popular continuing education business seminars, a program that offers learning in seminars that range from one to three full-day sessions at the main or downtown campus.

Classes are open to everyone and run from 8:30 a.m. to 4:30 p.m.

To view a full list of seminars offered this fall and winter, with detailed descriptions and fees, visit conted.ucalgary.ca.



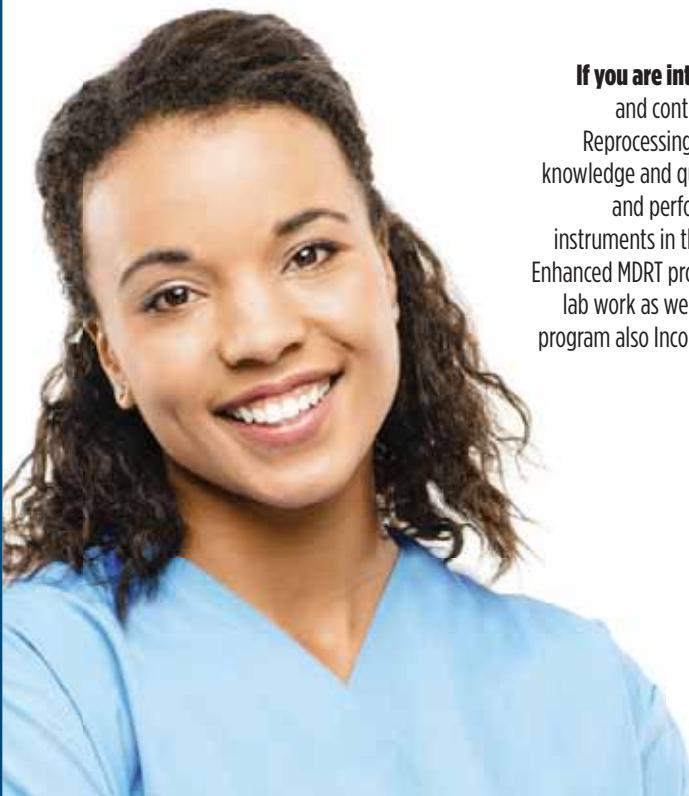
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Legal assistants play an important role in any legal team.

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The 41-week legal assistant diploma program at Robertson College has been designed for anyone interested in a career in the legal field and prepares students to work in the exciting world of law.

The course prepares students for the workforce by providing them with hands-on, practical experience, as well as a solid knowledge of legal systems and the environment they will be entering.

Students will be introduced to Canadian law and legal practices and will learn key areas in the legal sector such as corporate and commercial law, wills and estates, family law, civil litigation, legal terminology, and



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general legal office procedures.

Students will become well-versed in legal fundamentals and terminology, as well as in all areas needed to be successful on the job.

"Our small classrooms and experienced

instructors make Robertson College an ideal learning environment for students," says Dean Olson, campus director, Robertson College, Calgary.

Students learn directly from legal profes-

CAREER SERVICES

Upon completing any Robertson College program, graduates are able to access the career services department. Career services will assist any Robertson graduate – past or present – with finding employment, as well as assisting graduates in building a résumé that stands out to employers.

sionals with experience in the field.

Perhaps most importantly, there is a valuable four-week practicum that allows students a taste of what it is like to work in an actual law office.

"This popular program usually fills up fast and has limited space so register today and reserve your seat," Olson says.

The next intake for the legal assistant program is Nov. 16. The program is 41 weeks long and runs Monday to Friday in the mornings.

For more information about this program, visit robertsoncollege.com.



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A NOVEL FORM OF BUSINESS THINKING

'THE ENTREPRENEURIAL AGE IS UPON US'

The new entrepreneurial thinking program offered by Haskayne executive education exposes participants to a novel form of business thinking, one that is seldom taught in business schools.

And while entrepreneurial thinking is perhaps more important to corporate success today than at any other time, most company hiring practices, cultures, policies, compensation plans and business models restrict, if not negate, entrepreneurial thinking.

"The information age has come to an end and the entrepreneurial age is upon us," says Derek Hassay, PhD, RBC teaching professor of entrepreneurial thinking, Haskayne school of business, UCalgary. "Today's business environment is changing at an unprecedented rate. Globalization, technology, consumer tastes and preferences and concern over one's social license to conduct business are a few of the challenges that are having an increasing im-

pact on the development and implementation of corporate strategies."

This new program has been designed for any business owner/operator, leader or employee looking to develop their managerial and leadership capacity by expanding their business thinking tool kit.

"Anyone interested in learning how to better understand the process of identifying valuable market opportunities and how to transform product and service offerings into innovative, sustainable business models will appreciate this session," Hassay says.

This session introduces participants to entrepreneurial thinking and distinguishes it from the more traditional managerial thinking so prevalent in business today.

The session also provides participants with the tools and frameworks that will enable them to both think and act more entrepreneurially as they perform their individual roles.



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Moreover, these tools will help participants develop and lead entrepreneurial teams and design and implement the organizational systems and processes that are conducive to an entrepreneurial thinking culture.

The program is highly experiential with an emphasis on practical, hands-on exercises that allow participants to apply the concepts and frameworks introduced during the two-day session.

"Innovation is, by definition, the applica-

tion of creative solutions to achieve valuable outcomes," Hassay says. "To this end, any company that does not innovate its processes, products and business model is likely to find itself irrelevant given that markets, technology, and consumer tastes and preferences are ever-changing."

This two-day program takes place Nov. 26-27 at the University of Calgary downtown campus.

For more information, or to register, visit haskayne.ucalgary.ca/executive.

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SALON PROVIDES HANDS-ON TRAINING

At ABM College, hands-on training is vital for the development of the skills of its students and preparing them for their chosen careers.

The ABM College Hair Academy prepares its hairstyling students for work in salons by having them offer services through their student salon.

"The student salon is a fast-paced and dynamic environment, replicating the atmosphere of a high-end salon," says Lisa Kempton, program director, master stylist, and hairstyling educator at ABM College.

"This experience is essential for students to provide them with not only the hands-on skill and experience in the technical aspect of the trade, but also prepares them for the reality of the career they are delving into."

Working hand-in-hand with instructors and clientele, students learn insurmountable customer service skills, communication skills, client education skills, technical skills, business skills, and time management skills.

"Students graduate from ABM College Hair Academy with the skills and confidence to

begin a rewarding career at a salon of their dreams," Kempton says.

The student salon is also great for Calgary's community as it provides a cost-effective alternative to the general public.

ABM College offers a variety of student services to the public, including hairstyling, esthetics, makeup, artificial nails and massage. "Book today and pamper yourself on a budget," Kempton says.

For more information or to register for the next intake, visit abmcollege.com.

Create an inspiring future at Reeves as a paralegal

Heading back to school was a difficult but obvious decision for paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," Tyra says.

"I wanted to prove something to her, that school is a good thing. I wanted be a role

model, or more of one."

Inspired by the success of one of her good friends, who had recently graduated from Reeves College, Tyra decided to enrol in the paralegal program so she could better support her family. During her practicum placement, she worked alongside a review and assessment officer where she had to meticulously document and ensure all files were correctly

organized and that paperwork was completed and submitted punctually and accurately. Her hard work and dedication soon paid off when she was hired by the firm at which she completed her practicum placement.

According to the government of Canada, the "unemployment rate is relatively low in this field." With the job outlook projected to continually increase over the next few years, those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's paralegal program, call 1-800-533-1457 or visit study.reevescollege.ca.



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“ I think this program has made me a better leader. It's been very beneficial, both professionally and personally. **”**

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Content Solutions

Create stronger business relationships

Since contracts form the basis of all business relationships, understanding contracts and contract management strategies will allow those who develop and work with contracts to create stronger, more strategic, more effective and more efficient business relationships.

The contract focused extension certificates offered through the faculty of continuing education and extension at Mount Royal University provides students with relevant substantive knowledge delivered by seasoned professionals who are both experienced educators and accomplished practitioners.

"Regardless of whether a student is just beginning his or her career, considering a mid-career change or is a seasoned contract manager, students will find the courses valuable, as all courses use real-world examples used to convey course content," says Jim Silvos, associate professor, assistant chair, general management, human resources and aviation, Bissett school of business, Mount Royal University. "This approach provides students with takeaways that they can implement immediately."

The contract management extension certificates are designed for anyone who wants to expand their knowledge of contracts and contract management processes. Students gain a more complete understanding of the



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foundational principles underlying contracts, contract formation and contract management.

"With an expanded understanding of these principles, students gain skills that will

allow them to identify practical solutions to issues that they encounter in both their personal and professional lives," Silvos says.

Although each of the contract related certificate programs include a suite of courses

that aggregate to merit certification, the courses are also designed to be stand-alone courses.

For more information about this program, visit conted.mtroyal.ca/contract.



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FIND REWARDING CAREERS AT MRU

Making the transition to a funeral director from a pastor was one that was both easy and difficult for Chad Verge.

After assisting a family plan a funeral service about 13 years ago, Verge knew a career in the funeral industry was something he was interested in pursuing.

"I was quite settled in my position as a pastor and pursuing a career in the funeral industry would mean that I would have to go back to school and start my working career all over again," Verge says.

"The easy part of the transition would be that my duties as a pastor and a funeral director would have some similarities."

When he discovered the Mount Royal University continuing education funeral services program, he was happy to discover that he was able to study from the comfort of his own home and not miss out on time with his family.

"It would be very difficult to be gone from home all day and then come home and tell my family that I was leaving again

for the rest of the evening," Verge says.

"I was able to be home and kiss my children good night and go right back to studying."

With the help of social media, he was able to connect with fellow classmates and adds that instructors were always available to answer any questions that he had.

Now Verge has a rewarding career as the funeral director at Pierson's Funeral Home.

For more information about this program, visit conted.mtroyal.ca/funeral.

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ABES INSTRUCTORS HELP ENSURE SUCCESS

Alal Udin, a recent graduate of the medical device reprocessing program at Alberta Business and Educational Services (ABES), found the small classes to be the biggest factor in his program success.

"ABES instructors teach the students very efficiently, meticulously and supervise students all the time," Udin says. "ABES has a small group of MDRT students, so the instructor gets the chance to observe and guide every student individually."

This program is designed to provide students with the necessary technical skills, employment preparation skills, as well as all other practical and essential skills necessary for working in the field.

Udin says he found ABES' teaching protocols, practices, evaluations and student direction are very helpful. Along with the small classes, he was able to complete his practicum in one of Calgary's tertiary level hospitals.

Alberta Health Services works in partnership with ABES and provides students with

a practicum. As a result, 96 per cent of ABES graduates are hired by Alberta Health Services following their practicum experience.

This partnership ensures that the MDRT program grows with the industry, and surpasses expectations in terms of curriculum and quality of graduates.

ABES instructors also help ensure student success.

"ABES doesn't stop working when they send their students on practicum," Udin says. "Dolores (his instructor) continuously pushes the students up and boosts them."

"Dolores' contributions are the cornerstone of the course. She connects to her students and her contributions are ever praiseworthy."

This 40-week program is offered twice a year, so you don't have to wait to start shaping your future as a medical device reprocessing technician.

Students must have two years post-secondary training in health care or life sciences to qualify for admission.



Alal Udin is a recent graduate of Alberta Business and Educational Services. CONTRIBUTED

Graduates of this comprehensive program will write the International Association of Healthcare Central Service Material Management (IAHCSMM) examination. Success in this exam is now a prerequisite to employ-

ment as a medical device reprocessing technician in Alberta, and ABES remains the only educational institution in Alberta to include the IAHCSMM designation during training.

For more information, visit abes.ca.



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HARD WORK, BUT WORTH IT

The Columbia College criminal justice professional program is an opportunity for adult students (known as learner researchers) interested in entering the world of justice.

"I am working hard to transition our mission from criminal justice to justice as our professionals in this field come in with much more than a criminal context to what they do," says Lonnie Croal, director, criminal justice professional programs, and retired sergeant with the Edmonton Police Service and educator.

"It's always been about community health and wellness and relationship building."

Croal says those relationships develop opportunity, and understanding of causal effects of crime and punishment.

"We are working hard in welcoming the new generation into criminal justice and working

just as hard in meeting the needs of public and private policing, correctional services and the youth justice professions," Croal says. "It is hard work, but worth it."

The faculty team partners with the learner through introduction to criminology, law and policy, leadership, and justice courses.

Students have the ability to take their assignments to areas of interest such as PTSD and the caregiver, poverty, female versus male criminality, immigration, technology and surveillance, forensic sciences, and a whole host of others.

This program is a two-year diploma, accelerated into 12 full months of study and new practicum opportunity. Columbia College runs three annual cohort intakes in September, January and May. For more, visit columbia.ab.ca.

Become actively engaged

Heavy course loads can be intimidating, especially for first-year students who may not be accustomed to them. That's why, Roxanne Ross, the manager of the University of Calgary's student success centre, says seeking to find a balance should be part of your transition to post-secondary academics.

"Lots of students go through periods where the workload feels overwhelming, but they don't even need to wait for a problem before seeking help," Ross says. "Figuring out your study style or asking for time management tips is part of being actively engaged."

Post-secondary institutions, Ross says, have student centres, which may offer workshops and employ professional advisers to help students sort through academic issues. However, she also advises speaking to professors and instructors if you have course content concerns.



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"Office hours are for one-on-one interactions with your professor, so take advantage if you are falling behind because you don't understand something in the course. In extreme circumstances, it is also a good idea to talk to instructors about extensions."

One of the most crucial factors, Ross says, in managing your workload is creating a balance between time and study strategies.

"The simplest things can make the most difference," Ross says. "For example, plan out your semester with some kind of visual calendar that includes anything in your life that will require your attention. That way, you can start projects and assignments with enough time."

— Izabela Szydlo

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Digital nomads

Millennials are much less likely to define geographical boundaries

Jessica Wynne Lockhart

It's what some people might call the "sweet life."

After spending nearly a year in Prague, Geoff and Katie Matthews recently relocated to Mexico for six months. It's their 11th move since 2013; over the last two years they have uprooted their life every few months. Together, they have travelled to approximately 50 different countries, including driving from Croatia to Bosnia to Montenegro, exploring Scotland's Outer Hebrides, and living on a villa in Portugal.

How they do it? Or, more specifically, how do they af-

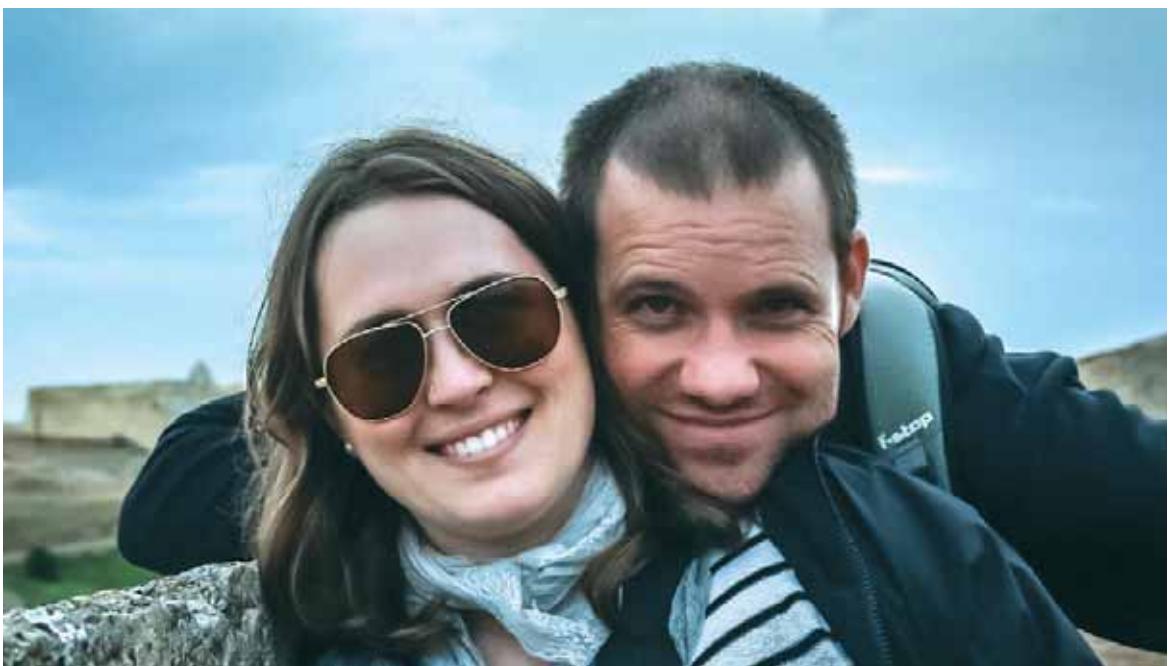
ford to do it? The answer is easy: For Geoff and Katie, travel doesn't equate to vacation. Instead, the two small business owners work from the road.

"We have done the 'save up, go travelling' a couple of times, but when we left Canada in 2013, the plan was to build businesses as we went," said Katie, 34.

Using her background in recruitment and PR, Katie started a business producing content and helping clients define their personal branding, while Geoff, 39, launched a video editing business. Both work remotely with clients around the world.

"I think our lifestyle actually shaped the business, rather than the other way around," Geoff said.

The Matthews are part of a



Geoff and Katie Matthews have uprooted their life every few months over the last two years. KATHLEEN L. MATTHEWS PHOTO

new business class of travellers — digital nomads. Previously, becoming location independent didn't seem feasible, except for those with freelance already in their job titles.

Today, it's estimated that more than 200 million North Americans are mobile workers, according to the International

Data Corporation. While no firm statistics exist on how many of these individuals are taking advantage of their ability to travel, the number of digital nomads is undoubtedly growing. By 2018, Staffing Industry Analysts estimates online staffing costs will jump to \$5 billion from \$1 billion annually.

Entrepreneurial millennials are much less likely to define their small businesses — or their lifestyles — by geographical boundaries. Instead, for these mobile developers, graphic designers, illustrators, writers, day traders and even online poker players, their mantra seems to be

"have Internet, will travel." "My favourite part about this — aside from being able to work in your pyjamas all day — is really being able to immerse yourself in different cultures," Geoff said. "As far as an end game, it's a big question mark — the world's a big place and there's more to see."

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An ounce of prevention

Here are some ways you can help protect yourself so you're enjoying the season instead of nursing a seasonal sickness:

GET VACCINATED

Getting vaccinated is the best way to help keep influenza from interrupting your life. To learn more about the flu shot, visit your Shoppers Drug Mart Pharmacist or go to shoppersdrugmart.ca/flushot.

WASH UP

Fact: that shopping cart or doorknob you just touched could have germs that lead to a cold or flu. To make sure your hands are properly clean, rub them with soap and warm water for 15 to 20 seconds. If you aren't near a sink, have a hand sanitizer handy.

GET SOME REST

Getting at least seven hours of sleep a night helps you control the hormone cortisol, which is responsible for regulating your immune system. Some ways to help you fall



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asleep include avoiding rich meals right before bed, not drinking too many liquids before going to sleep and maintaining a regular sleep schedule.

A SOLID D

Living in a northern climate means we may be deprived of the vitamin D our immune system needs to function properly. Foods like milk and salmon are loaded with vitamin D, and you can supplement your diet with a multivitamin to help your body store the D it needs to help you stay healthy this season.

Already sick? Here's how to help yourself feel better

For your throat and chest

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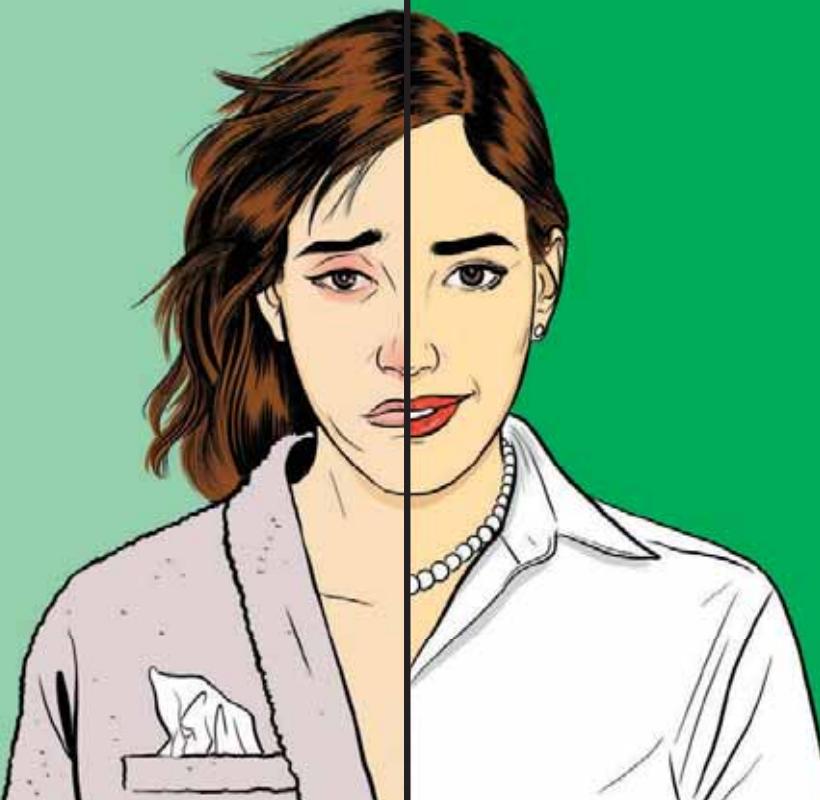
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Your essential daily news

The Jays claimed switch-pitcher Pat Venditte off waivers from the A's before Game 3

Goins gets tough as Jays erupt

MLB POST-SEASON

Tulowitzki, Donaldson join him in homer parade

Troy Tulowitzki, Josh Donaldson and Ryan Goins homered as the Blue Jays bats woke up Monday night, battering Royals ace Johnny Cueto in an 11-8 Toronto win that cut Kansas City's lead to 2-1 in the American League Championship Series.

Kansas City rallied for four runs in the ninth but it was too little, too late.

The Royals won 5-0 and 6-3 in Kansas City, handcuffing the Jays' powerful offence. But that changed in Game 3 in front of a loud sellout Rogers Centre crowd of 49,751. "We need to score," Toronto manager John Gibbons said before the game. "That's kind of who we are."

And that's exactly what they did, with Tulowitzki, Donaldson and Goins combining for nine RBIs. The 11 runs set a Toronto franchise record for most runs scored in a post-season game at home. It also marked the third time in Jays' playoff history that the team has scored 10 or more runs. The three homers matched a franchise single-game playoff mark.

Apart from the Royals rally, the lone sour note was Tulowitzki's ejection after taking the field in the eighth, seemingly for chirping home plate umpire John Hirschbeck. The Jays short-

ALCS Game 3



stop, who had to be held back by bench coach DeMarlo Hale, had just struck out for the second time and wasn't happy about it. Neither was the crowd.

After giving up a run to Kansas City in the first inning, Toronto sent eight men to the plate in the second and nine in the third to build a 9-2 lead. Goins, who had driven in two earlier runs, made it an even 10 with a solo shot in the fifth.

Birthday boy Jose Bautista, who turned 35, made it 11-4 with an RBI single in the eighth. The Royals added two runs on three hits and a sacrifice fly in the ninth off Liam Hendriks, forcing Gibbons to bring in closer Roberto Osuna.

Kendrys Morales then hit a two-run homer to make it interesting. For Goins, it was an evening of redemption after a fielding blunder that opened the door to the Royals winning rally in Game 2 Saturday. He did damage with the bat and showed off his silky fielding skills.

For Tulowitzki, who is still feeling the effects of a late-season shoulder injury, it was a second straight successful outing at the



Blue Jays' Ryan Goins watches his two-RBI single during the second inning in Game 3. Goins also hit a solo homer later for a three-RBI haul. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Have you ever tried to catch a butterfly as it's floating around in the air?

Russell Martin, pictured, who says he wishes he could put a camera on his mask so viewers could see the movement he sees when catching Tuesday's Game 4 starter, knuckleballer R.A. Dickey.

plate after a playoff slump.

For Cueto, it was simply a night to forget. He was pulled after giving up four runs in the third when he failed to get out the five hitters he faced. He retired just six of the 17 batters he faced.

Cueto gave up eight runs on six hits with four walks, one hit batsman and two strikeouts in two innings. He threw 69 pitches,

of which only 39 were strikes.

In going down in flames, Cueto set a Royals record for runs allowed in a post-season game. And he became the first pitcher in post-season history to allow at least eight earned runs and 11 base-runners in two or fewer innings pitched, according to ESPN Stats.

The crowd roared the Dominican right-hander throughout

his time in the game and kept it up after he left, chanting: "We Want Cueto."

THE CANADIAN PRESS



Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote "I'm definitely going to tweet it out and raise awareness," he said. THE CANADIAN PRESS

NOTES

No cans versus K.C.—in dome's upper deck

Blue Jays fans sitting in the 500 level of Rogers Centre for Monday's game had to settle for drinking their favourite tipple out of a plastic cup.

The decision came after some unruly fans threw debris on the field, including beer cans, after a controversial call went against the Jays in Toronto's game against Texas on Wednesday.

Did they vote?

The lone Canadians on Toronto's roster are Russell Martin and Dalton Pompey.

Martin declined to answer questions about the election Sunday, while the 22-year-old Pompey acknowledged he's never voted. He's only been eligible once before, for the May 2011 election.

Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote "I'm definitely going to tweet it out and raise awareness," he said. THE CANADIAN PRESS

CFL

Eskimos keeping its defensive Steele

The Edmonton Eskimos have signed national defensive tackle Eddie Steele to a contract extension through 2017.

Steele recorded 13 defensive tackles and one quarterback sack, helping the Eskimos to a 12-4 record so far this season. He also started at nose tackle and filled in at right guard on the offensive line for Weeks 11 and 12 due to injury.

Steele has 60 defensive tackles, two special teams tackles, 10 quarterback sacks, one interception and one fumble recovery with Edmonton



Eddie Steele
GETTY IMAGES

since signing as a free agent before the 2013 season. He was the Eskimos nominee for Most Outstanding Canadian last season.

The six-foot-two, 280-pound native of Winnipeg was originally selected by the Hamilton Tiger-Cats in the third round of the CFL Canadian Draft. He has 92 defensive tackles and 11 quarterback sacks over six CFL seasons. THE CANADIAN PRESS

IN BRIEF

Finn has fine debut in Rangers goal

Antti Raanta made 22 saves for his fourth career shutout in his Rangers debut to lead New York to a 4-0 victory over the San Jose Sharks on Monday night.

Marc Staal, Mats Zuccarello, Jesper Fast and Viktor Stalberg scored for New York, which snapped a three-game winless streak (0-2-1) after opening the season with three wins.

Raanta was playing for the first time since being acquired from Chicago in a draft-day trade in June.

THE ASSOCIATED PRESS

Habs' Price wins NHL award

Montreal goaltender Carey Price has been named the NHL's first star of the week after helping the Canadiens to their best start since joining the league.

Price went 3-0-0 with a 1.00 goals-against average, .963 save percentage and one shutout as the Canadiens improved to 6-0-0, their best start in their 98-year NHL history.

He began the week with 31 saves in a 3-2 victory over Pittsburgh, and followed that with his 35th career shutout, a 3-0 win over the New York Rangers. THE CANADIAN PRESS

WOMEN'S SOCCER

Canada's Buchanan goes for Ballon d'Or

Canadian coach John Herdman has long said teenage defender Kadeisha Buchanan had star quality. On Monday, he was proved right again as the 19-year-old from Brampton, Ont., was one of 10 shortlisted for the 2015 Ballon d'Or, which honours the women's player of the year.

Herdman, meanwhile, is shortlisted for women's world coach of the year for the second time in his career. He was also nominated in 2012, when he finished sixth in voting. Contenders for the FIFA men's playing and coaching awards will be announced



Kadeisha Buchanan
GETTY IMAGES

Tuesday.

Buchanan, who plays collegiate soccer at West Virginia, turned heads at the Women's World Cup on home soil this summer when she won the Hyundai Young Player Award and was the lone Canadian on the tournament all-star squad. Still a teenager, Buchanan already has 40 caps. Tough, physical and fast, she is the anchor in the Canadian defence. TORSTAR NEWS SERVICE

RECIPE Italian Roommate Pasta

PHOTO: MAYA VISONA

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is as much vegetables as it is pasta yet it's still pure comfort in a bowl. **Serves 4.**

Ready in

Prep time: 20 minutes

Ingredients

- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

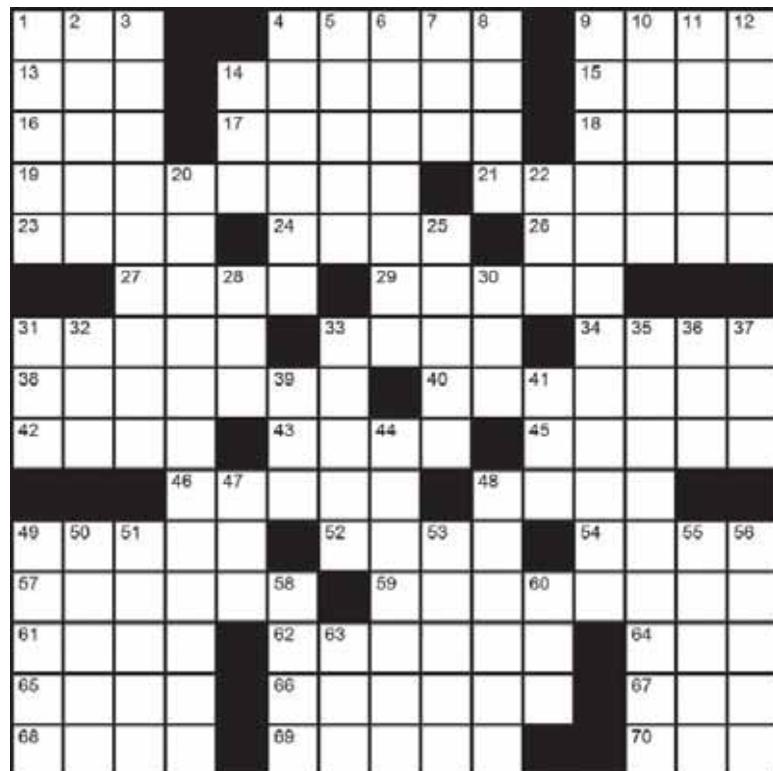
1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and

bacon. Allow bacon to crisp up, about 5 to 7 minutes.
2. Put a big pot of salted water on to boil for the pasta.
3. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so that the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.
4. Cook your pasta according to the package instructions. Drain it well and throw the cooked noodles into the vegetables and give it a good stir.
5. In a small bowl, whisk up the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. WWII fliers
4. Mountain bottoms
9. Earthenware pot
13. Calder Cup sports org.
14. Reach that destination on horseback: 2 wds.
15. Canadian actress Ms. Mitchell
16. Egyptian — (Cat breed)
17. Mystery writer Ms. Christie
18. Chocolate or Pound
19. Slowly-but-surely
21. Sandwich roll
23. Mr. Hershiser
24. Ms. Brockovich
26. Category
27. Infliction
29. Bestseller, often
31. Thud
33. Prefix to 'culture'
34. ___ radio
38. Loverboy's "Working for the ___"
40. Coat: French
42. Unaltered
43. Music's Tori
45. Cars of Italy
46. Dobie Gray hit: "___ ' ___ Crowd"
48. Much: 2 wds.
49. Analyze
52. Rip
54. Cosy retreat
57. Actress Sissy
59. Crafts people
61. Ms. Kotb of NBC
62. Values
64. Ms. Leoni
65. Wing-shaped
66. Do charades:

**DOWN**

1. Sylvester Stallone role
2. Not ___ out of place
3. Title of American composer John Cacavas' music piece featured in the Canadian wildlife TV vignettes Hinterland Who's

- Who: 2 wds.
4. England... Iconic bell/clock in the Elizabeth Tower in London: 2 wds.
5. Irish tune: "Robin ___"
6. Literary locale
7. Shakespearean suffix

8. Saturate
9. The scientists at #48-Down jointly won "for the discovery of neutrino ___ which shows that neutrinos have mass"
10. ___ Apso (Dog from Tibet)
11. 'Great' waters

12. Australian attraction, ___ Rock
14. Mr. Liotta
20. Layering piece for Fall fashion: 2 wds.
22. High card
25. Standards
28. Pres. Eisenhower
30. Through
31. Shirley's por-trayer on "Laverne & Shirley" ...her initials-sharers
32. French actress Ms. Seydoux of the up-coming 007 flick
33. Acknowledge
35. Carnivore
36. Business excess
37. 12th Greek letters
39. Scottish refusal
41. Dallas Cowboys org.
44. When astronauts aren't in space, they are where?: 2 wds.
47. Donkey's par-tial laugh
48. 2015 Nobel Prize in Physics winners: B. McDonald (Canada) and Takaaki Kajita (Japan)
49. "Poppycock!"
50. Speedskater, — Anton Ohno
51. "M***H" role
53. ___-Detoo (George Lucas character)
55. Hagar the Hor-rible's dog
56. Ivan and Nicholas
58. "The Bridge on the River ___" (1957)
60. 'Violin' suffix
63. Job [abbr.]

*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

In one area of your life at least your efforts are about to pay off. However, your health could suffer if you overdo it physically. You need to get the balance between work and play just right. Make that your aim today.

Taurus April 21 - May 21

You may be tempted to force through changes you know others don't want but think of the resentment that could create. You may have a remarkable will to win, but you don't have to win every time.

Gemini May 22 - June 21

If you find yourself in a situation that makes you feel uncomfortable then get up and leave. Don't worry that it might be interpreted as being rude.

Cancer June 22 - July 23

Pay no attention to rumours today. If certain people want to spread gossip that's up to them but it won't do you any good, so keep your distance and make sure you deal only in facts.

Leo July 24 - Aug. 23

You could clash with someone who does not share your principles — or maybe has no principles at all. Just remember there are many out there who share your beliefs.

Virgo Aug. 24 - Sept. 23

You cannot keep up your present frantic pace for much longer, and if common sense doesn't tell you then what happens over the next few days will hammer home the point, maybe painfully. Slow down and calm down.

Libra Sept. 24 - Oct. 23

Don't get emotional about something that needs to be dealt with on a purely mental level. If you allow your feelings to get the better of you then you will only confuse yourself.

Scorpio Oct. 24 - Nov. 22

Try not to take yourself too seriously, especially if certain people flatter you. Most likely they are after something and hope that by saying the right things you will give it to them. But you're not that gullible, are you?

Sagittarius Nov. 23 - Dec. 21

There are a lot of challenges coming your way but you will come through unscathed. Even the most testing trial can be turned into a triumph if you show the right attitude.

Capricorn Dec. 22 - Jan. 20

You may find it difficult to get along with certain people. Make the effort because there could be financial repercussions if they feel you are being unfriendly for no good reason.

Aquarius Jan. 21 - Feb. 19

Control your temper, no matter how much others provoke you. Keep your cool by reminding yourself what could be at stake in the long-term — your professional status.

Pisces Feb. 20 - March 20

Anyone who takes you on today is likely to regret it. Cosmic activity in your opposite sign of Virgo makes you hugely combative, so much so that you may actually go looking for trouble. Try not to alienate people.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

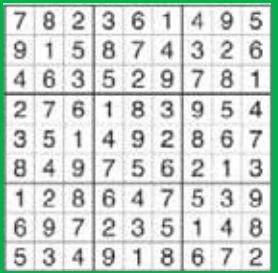
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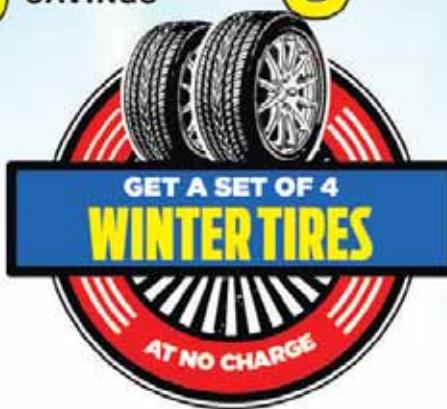
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MSRP
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\$2,500
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